

# Online Video Counselling Fact Sheet



## What is online video counselling?

Everyone needs someone to talk to. Online video counselling is a safe and secure way to speak with a practitioner matched to your needs, anywhere and anytime.

## How can I access online counselling?

Getting access to online counselling is easy and can be done in two ways:

**1** Simply visit [www.mywellnessplan.ca](http://www.mywellnessplan.ca) and select your school from the drop down menu. From there select the Video Counselling button which will take you directly to the online counselling site where you can set up your profile and begin the process of booking a session with a counsellor.

**2** Through mywellness, complete your free and confidential mental health assessment. Once you have completed your assessment you will be able access online counselling directly from your Personalized Action Plan. You also have the option of uploading the results of your assessment directly to your online counselling profile so the counsellor you schedule an appointment with can learn about the challenges you are facing and support you need even before your session takes place!

## How long are appointments with an online counsellor?

With online counselling you choose a session time with a counsellor that best suits your needs and schedule. Online counselling sessions are available in 30, 60, and 75 minute timeslots. When scheduling your appointment, simply select the session time you are most comfortable with.

## What times are online counsellors available for appointments?

Online counselling appointments are available on days and times that can be chosen by the student including evenings and weekends! Availability varies per counsellor but once you have selected a counsellor you will be provided with their schedules and times they are available. Simply select the time and day that best suits your schedule to book your appointment.

## How much does it cost?

Great question! We have partnered with Inkblot Therapy to provide online counselling that is both accessible and affordable. The cost per session is as follows:

30 minutes	\$37.50
60 minutes	\$75.00
75 minutes	\$112.50

## Your first session is always FREE with online counselling!

Students who participate in the concordia Students' Association health plan have coverage for social workers and psychologists at 80% for \$20.00 per visit to a maximum of \$300.00 per practitioner, per benefit year.

With this coverage \$20.00 per 30 minute counselling session is billed to the health insurance plan and only \$17.50 is paid directly by the student.

The coverage allows for up to 16 counselling sessions per year that can be billed to the student's health plan. (Based on 30 minute sessions, and includes the first free session).

With online video counselling, you simply pay for your session online using Inkblot's secure website. You will be provided with a receipt which can then be submitted to your health insurance plan for reimbursement.

*\*Please refer to your health plan for confirmation of coverage prior to booking a counselling session. Psychological services coverage varies per health plan\**

## Is online counselling available in languages other than English?

Yes! Online counselling is available in 18 different languages.

## I am ready to try online counselling. Where do I start?

Great! To access online counselling we are providing a sample at <https://ink.inkblottherapy.com/concordia>

## How do I book an appointment?



Fill out our simple survey.



Choose a counsellor matched specifically to you.



Schedule your first session with no wait times. Evening and weekend appointments available.



Speak with your counsellor and feel better.



Inkblot



Take the first step towards feeling better today!