



Safe Harbour Expressive Therapies

Online Policy

- **Online Protocol:**

- All online sessions will take place through Zoom.
- Zoom links will be sent to your email after booking by phone, email, text and through the GoRendezvous booking platform (www.gorendezvous.com/safeharbourstudio)
- Each zoom link contains a unique embedded identifier code. Instead of putting in a password every time to gain access to the session, you can simply click the link to be taken to the session waiting room.
- To ensure privacy, please do not share this link with anyone.
- To avoid being charged for a missed session, please give us a minimum of 24 hours' notice when cancelling or rescheduling.
- If you're unsure how to join a zoom meeting, please click this YouTube link for instructions: <https://www.youtube.com/watch?v=hIkCmbvAHQQ>

- **What to do if:**

- If you are unable to log in at the scheduled time, please let us know by email, phone, or text.
- Unless we're contacted, your session will be considered cancelled if you don't show up 15 minutes after the session start time.
- If the connection is lost, we will call you to continue the session by phone. If you cannot be reached by phone (due to power failure, etc.), we will email for a rescheduling of the session.

- **Online Therapy Appropriateness:** At Safe Harbour, better mental health is our number one priority. Online therapy may not be appropriate for you if you struggle with severe and immediate mental health symptoms, including:

- Recent psychosis, loss of contact with reality
- Extreme anger issues
- Lack of impulse control
- Violent tendencies
- Suicide Ideation

For immediate help, call the provincial mental health crisis line at **1 888 737 4668**.

In cases like these, we might refer you to an in-person therapy session, where specific art supplies and directives can be used.



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- **Art materials:** Because of the availability of art supplies may vary from region to region in this province, online sessions will use directives that are not art supply specific. Minimum supplies for a session are a pencil / pen and paper. An art material kit can be sent to you for \$50 plus HST. This basic kit contains enough art supplies for a minimum of 4 weeks and includes markers, canvas, brushes, coloured leads, a sketchbook, pencil, sharpener, eraser, paint, oil pastels and a sketchbook.
- **Artworks created:** It is up to you what to do with the artwork(s) once the session has ended. If you have a camera or cell phone or tablet with camera app, we ask that you take a picture of your work and send it to your therapist at safeharbourstudio@protonmail.com. Alternatively, you can give your therapist permission to capture your images while in the zoom session.