

# Telepsychiatry Setup Checklist

A quick check so your video visit runs smoothly.

**Important, please read.** This document is for general educational and informational purposes only. It is not medical, legal, or professional advice, not a diagnosis or treatment, and not a substitute for care from a qualified clinician. It may not apply to your situation or the rules of your state. Do your own research and talk with your own clinician before acting on anything here. If you are in crisis or feel unsafe, call or text 988, call 911, or go to the nearest emergency room. shrinkMD provides scheduled, non-emergency telepsychiatry, doesn't prescribe controlled substances, and isn't an emergency service.

## The basics

- [ ] A device with a working camera and microphone.
- [ ] A stable internet connection, plus a backup like phone data if possible.
- [ ] The correct link or app installed and tested before your appointment time.
- [ ] Headphones or earbuds for privacy and clearer sound.
- [ ] A private, quiet space where you won't be interrupted.
- [ ] Good lighting in front of you, not behind.
- [ ] Your device charged or plugged in.

## Have ready

- [ ] Your medication list and pharmacy information.
- [ ] Your questions and anything you want to remember.
- [ ] A phone number where your clinician can reach you if the video drops.
- [ ] A glass of water, and a few minutes to settle before you start.