

## Private spaces for telehealth

### Tips for college students



#### Is lack of privacy preventing you from getting the care you need?

Telehealth visits are an increasingly popular option for college students. However, finding a private, quiet space for these visits can be quite a challenge.

#### Here are some tips to help find or create the space you need for your visit:

- Don't be afraid to **ask for privacy!**
- **Check with your Resident Advisor, dorm front desk, or other Student Affairs Professional** to see if there are empty rooms, study spaces, or lounges that you can use alone for your visit. Verify if reservations are needed.
- **The campus center, library, and college departments may have private study rooms or meeting rooms available.** Verify if reservations are needed.
- **Ask the Student Health Center if they have a room,** you can use or a location they can suggest.
- **Play music softly in the background** during your visit.
- If the living space has multiple bedrooms, check with the other roommates to **see if you can use the other bedroom for your call.**
- **Ask for your roommates' schedules** so you can schedule your visit when they are out of the room.
- **Go outside if the weather is nice.** You can go for a walk or find a place to sit.
- **Use headphones during your visit.** You can let your provider know that there may be certain topics off-limit during that session.<sup>1</sup>
- **See if your provider has a chat option** available and type the items that you need feedback on from your provider.
- If you or a friend **have a car on campus, use it** for the session.
- **Use a sound or white noise machine outside of your dorm door.** Let your Resident Advisor know what this is to ensure it won't disturb other residents.

If your telehealth or virtual visit is with a mental or behavioral health professional inform them of your privacy situation. Being aware of your location during the session may help your provider make accommodations for your discussion.



Learn more about your **telehealth care** options  
Download the Wellfleet Student app on android or IOS.

<sup>1</sup> <https://mentalhealthmatch.com/articles/coronavirus/private-space-teletherapy>  
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