



South Eastern Sydney  
Recovery & Wellbeing College

# Connecting Through Covid19+

## TELEHEALTH GROUP

<b>GROUP:</b>	Wednesday and Fridays	11.30am– 12.30pm
---------------	-----------------------	------------------

Evidence shows connecting with others who are going through similar experiences can support wellbeing during difficult times. This online discussion group will help you to connect to others who have received a positive diagnosis of Covid19. As well as hearing about challenges with coping with Covid19 at home you will also share and learn helpful strategies on how to cope with quarantine and manage anxiety. This group open to anyone who has received a positive diagnosis for Covid19 who is currently receiving or has received support from the South East Sydney Local Health District Covid19 Telephone Assessment Teams (CTAC).

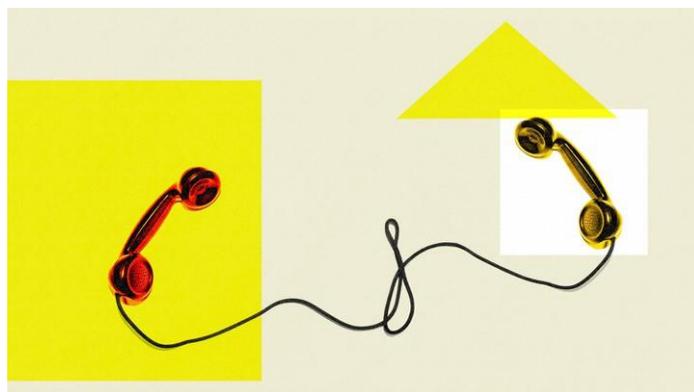
To participate in this Telehealth group, you will need one of the following:

- A desktop computer or laptop with Google Chrome
- An iPad or tablet
- A smart mobile phone with data

Ideally, your device will have a camera, a microphone and speakers, but you can always just phone into the group. Once enrolled, we will phone and guide you in how to use Telehealth for groups. **\*\*SEE NEXT PAGE FOR DETAILS ON HOW TO JOIN\*\***

**GROUP OUTCOMES | Participants will...**

- Participants will be provided with the opportunity to connect with other people who have received a diagnosis of Covid19.
- Participants will have the choice to share their experiences and challenges with coping with Covid19, isolation, quarantine and other relevant topics.
- Participants will be provided with relevant information to help them manage coping at home, and with other relevant challenges.



**To enroll:** <https://recoverycollege.knack.com/sies#recovery-college-enrolment-request/> or Phone: 9113 2981

To find out about other information & resources check out our Facebook page:  
[www.facebook.com/SESLHDRRecoveryCollege](http://www.facebook.com/SESLHDRRecoveryCollege)

## Why Telehealth & what does this mean?

Telehealth is video conferencing software. We will be offering this virtual online learning method instead of students coming into the Recovery & Wellbeing College due to COVID-19 recommendations. This means you can attend our groups from the comfort of your own home or in a private quiet space in your workplace or other suitable location.

## Accessing your Group

You can choose to access your group in one of the following ways:

1. Video
  - a. Desktop PC or Laptop
  - b. Smartphone or iPad
2. Any standard landline Telephone

## ACCESSING THIS GROUP VIA DESKTOP COMPUTER OR LAPTOP

You will need:

1. A good internet connection (at least 0.4Mbps for download and upload. You can test your internet connection speed via: [www.speedtest.net](http://www.speedtest.net) If you do not have unlimited data please ensure you have adequate data to complete the group (approximately 520MB). If you are unsure how much data you have please check directly with your service provider.
2. Google Chrome Browser installed on your computer. If you do not have Google Chrome is not installed you can download via: <https://www.google.com/chrome/>
3. Ideally, your device will have a camera, a microphone and speakers also.

Once your computer is ready you will need to cut and paste the below link for your group **into Google Chrome**:

<https://conference.meet.health.nsw.gov.au/webapp/#/?conference=4658626>

## ACCESSING THIS GROUP VIA DESKTOP SMARTPHONE, iPad OR TABLET

You will need:

1. The 'PEXIP Infinity Connect' App installed on your device. You can download the app via the 'Google Play' or the 'App Store' The version labelled **Pexip Infinity Connect** with the  icon is the latest version and the one you should download.

Once downloaded you will need to enter the corresponding VMR number for your group followed by @conference.meet.health.nsw.gov.au

[4658626@conference.meet.health.nsw.gov.au](mailto:4658626@conference.meet.health.nsw.gov.au)

## ACCESSING THIS GROUP VIA TELEPHONE

Telehealth Groups can be accessed via any Australian standard landline or mobile.

Please call #31# 9842 2500, then [4658626#](tel:4658626)

We recommend you test logging into this group **prior to the day** to ensure any technology issues are resolved beforehand.

### What to expect on the day?

- Please log in using the link above 5-10 minutes before your group is schedule to commence and test your IT equipment is working ok
- When you join the group, the screen will say 'waiting for host' if the educators have not yet logged in. This is just like being in a waiting room so please remain on the screen and wait for our educators to log on.
- Please ensure your phone/device is charged, you have a strong internet connection and you are in a quiet place for your group.
- Please be aware of the background you will be sitting or moving in front, of as other participants will be able to see your background.
- Don't forget if you do not have a compatible device with the program or are having difficulties you can always phone into your group following the 'By Phone' instructions above.
- Telephone and video conversations are not recorded.

### Do I need anything on the day?

Some courses will have printed course materials or videos to watch prior to the day. If your group does require any resources we will send them to you via email approximately 2-3 days prior to your group commencing. Other than that there is nothing else that you need on the day except maybe a notepad and pen to take notes if you wish.

### What if I need help?

If you are experiencing technical difficulties Telehealth have a helpline and are really good sorting out any technology problems you may be experiencing. They can be contact on: (02) 8644 2867. For all other enquiries please contact the College.

Visit the [NSW Health website](#) for the latest information on COVID-19.

