# **Log into your appointment**

1. Your **appointment** will be in your **emails**.

Your **therapy service** will send it to you.

A black and white envelope with a symbol

AI-generated content may be incorrect.

2. **Click** on the highlighted **link**

[**https://city-ac-uk.zoom.us/j/84965847168?pwd=Js94l0qVba8VlIJ0FcG67Lz5tr4Jvq.1**](https://city-ac-uk.zoom.us/j/84965847168?pwd=Js94l0qVba8VlIJ0FcG67Lz5tr4Jvq.1)

3. **Click** on the **blue button**

A screenshot of a video conference

AI-generated content may be incorrect.

4. Click **Join**

A person taking a selfie

AI-generated content may be incorrect.

5. **Wait** for your therapist to start the appointment.

It will start soon.

A screenshot of a computer

AI-generated content may be incorrect.