

How to access therapy services at RECLAIM

STEP 1 CONTACT US!

The first step can be the hardest. Use *any* of these methods to get in touch with us:

Web form:

www.reclaim.care/therapy

Call: 612-235-6743 ext. 4

Email:

Services@reclaim.care

STEP 2 GATHER YOUR INFO & SCHEDULE AN INTAKE APPT

Here we go! We'll begin creating an electronic health record with information you provide. If you have health insurance, we'll also get a copy of your card (*insurance not required*).

We'll then schedule an intake appointment.

STEP 3 ACTIVATE YOUR ONLINE PORTAL

Next we will create an online portal for you using **Valant**.

You'll get an email from Valant with instructions to set up your portal.

The Valant portal is where you will access telehealth appointments and pay for any fees. It is a secure, HIPAA-compliant system.

STEP 4 COMPLETE PAPERWORK

We'll send you some paperwork to complete in your Valant portal.

This paperwork includes consent forms, along with assessments to help our clinicians understand where your mental health is at.

If you prefer, you can complete this paperwork in person or with help from a RECLAIM staff.

Note: occasionally some services are full. We'll add you to our waitlist or help you find other resources for queer & trans affirming care.

YOU'RE NOW READY FOR YOUR FIRST APPOINTMENT WITH A THERAPIST!

