



Meet Your Mind  
Online

## Your Employee Wellbeing X Meet Your Mind Online

### **To register for an account and book a service:**

1. Go to <https://yewb.meetyourmindonline.com>.
2. Go to 'My Account'.
3. Register for an account.
4. Fill in your assessment form for the service you require (counselling, coaching or meditation).
5. Please wait 2-24 hours to be matched to a professional.
6. Once matched, you will receive an email to book with your designated professional.
7. Please choose a date and time that works for you and continue to the next page.
8. Please press 'Book Now' to secure your booking.

### **To access your bookings:**

1. Go to <https://yewb.meetyourmindonline.com>.
  2. Go to 'My Account' and log in.
  3. Go to 'My Sessions'.
  4. Press 'Start my Session'.
  5. You will be directed to a new page on doxy.me where your session will be facilitated.
- (Please note, you will not need to download any software to complete your session)