

Using Atlas with your clients

Atlas gives your clients 20 free between-session tools, a mood and anxiety check (PHQ-9, GAD-7), and a progress report they can bring to you. Their answers stay on their own device, so you don't need a new agreement, account or software.

1

Send a tool

Copy a direct link (below) into your usual secure message. New clients sign up free with their email, then land on that tool.

2

Client practises

They use the tool and save results between sessions. Everything stays in their own browser.

3

Review together

They tap "Create my progress report", save the PDF, and upload it to your secure portal or bring it in.

DIRECT LINKS

Mood check (PHQ-9)	therapeuticatlas.com/tools/#phq9
Anxiety check (GAD-7)	.../tools/#gad7
Weekly check-in	.../tools/#checkin
Session feedback	.../tools/#feedback
Session prep	.../tools/#prep
My safety plan	.../tools/#safety
Grounding and breathing	.../tools/#grounding
Thought record	.../tools/#thoughts
Worry time	.../tools/#worry
Feelings wheel	.../tools/#feelings
Brave steps (exposure ladder)	.../tools/#brave
Sleep diary	.../tools/#sleep

WHAT THE PROGRESS REPORT SHOWS

- "At a glance" summary with change since the first result
- PHQ-9 and GAD-7 scores, standard ranges and trend charts
- A clear flag if PHQ-9 question 9 was ever answered above "Not at all"
- Weekly mood, stress and sleep ratings; session feedback (felt heard, goals, fit)
- Optional: sleep, habits, brave steps and the client's notes for next session

PRIVACY AND SAFETY

- Therapeutic Atlas does not receive client answers, only the name and email used to sign up.
- Once you receive a report, store it like any other client document.
- Scores are screening results that support, not replace, your clinical judgment.
- Not a crisis service: every tool shows 988; the question 9 alert shows 988, 911 and the client's safety plan.

WORDING FOR YOUR WELCOME PACKET

Between our sessions, you're welcome to use the free Atlas mental health tools: therapeuticatlas.com/mental-health-tools. They include grounding exercises, a thought record, a feelings wheel, a safety plan, sleep and habit trackers, and short mood and anxiety check-ins. What you type stays private on your own device. Before some sessions I may ask you to complete the mood or anxiety check, then tap "Create my progress report", save it as a PDF and upload it to our secure client portal (or bring it with you). These tools support our work together and are not an emergency service. If you are in crisis in Canada or the US, call or text 988, or call 911.