



Before we begin, I need to share some information with you so you can be an informed consumer. In doing so, I am following the recommendations for best practices in the field of counseling and specifically for telemental health.

There are risks and benefits to telemental health services. The risks:

- There is a risk of technology failure, and sometimes at the worst possible time. We can minimize this by having a plan for what to do if this happens.
- If someone has access to your email, or the device you use to login to Channon Counseling there is a chance that person could access our communications.
- Although Doxy.me Telemedicine reports that their platform is HIPAA-compliant, as with any technology there is always a risk of unauthorized access or data breach. If that ever were to happen, you will be informed.

There are also some great benefits to receiving help in this way:

- It can be a more affordable way to get help.
- It is convenient.
- People who might not have access to mental health services in their area can now access mental health services without having to leave their home.
- You can communicate with me from your home or other private place where you feel comfortable.
- It is sometimes easier to share information to an online therapist than it is in person.

The Limits of Confidentiality: I have an obligation to respect your right to confidentiality for the information you share within this setting. Confidentiality of client information is governed by federal law; Health Information Portability and Accountability Act (HIPAA) and by state law. I am required by law to disclose the following:

- ❖ If you are a danger to yourself or someone else.
- ❖ Suspected maltreatment of minors or vulnerable adults. This includes physical abuse, sexual abuse or neglect.
- ❖ Prenatal exposure to controlled substances.
- ❖ Information that is Court Ordered to comply with state or federal law, rules or regulations.

I understand that the online therapy services provided through CHannon Counseling & Psychotherapy LLC is not intended for crisis situations and urgent needs. In a crisis situation I agree to call 911 or local emergency services, or visit the nearest emergency room.



Signing this information form means you have read, understood, and agreed to all of the above information.

Name: {Signature} \_\_\_\_\_ Date: \_\_\_\_\_

Name: {Print} \_\_\_\_\_