

Mental Health Counselling Informed Consent

Attendance

- We offer short-term counselling (typically 6–8 sessions).
- If you need to cancel or reschedule, please give at least 24 hours' notice.
- Missed appointments, not due to emergencies, count towards the total number of sessions you can receive.

Potential Risks & Benefits

- Counselling can help improve emotional well-being, coping skills, relationships, personal goals.
- Sometimes discussing difficult experiences may bring up uncomfortable emotions such as sadness, anger, anxiety, or guilt. This is a normal part of the counselling process.

Confidentiality

- Your privacy is important.
- Your session notes are kept in your confidential medical record.
- Sessions will not be recorded by either party without everyone's permission.
- Your sessions are confidential unless we are legally required to share information in situations such as:
 - The risk of harm to self or another person.
 - If you are a child, or know of a child, in need of protection.
 - If you report sexual abuse by a Regulated Health Professional.
 - If you report abuse of an elderly person in a long-term care facility or retirement home by staff at that facility.
 - Pursuant to subpoena, court order, insurance claims, WSIB, etc., or sworn testimony.

Phone and Video Appointments

- We can only provide phone/video sessions if you are in a quiet, private location that is free from distractions. We are unable to conduct the appointment if you are driving.
- We will ask your current location, an emergency contact, and the nearest emergency department, in case of a crisis.

Communication

- Email communication should be used for scheduling purposes only
- Call or email your mental health worker to book or change appointments
- Please do not send personal or confidential information by email, as emails are not confidential/encrypted.

Emergencies

- Counselling is **not** an emergency service.
- If you are in crisis:
 - Call **911** or go to your nearest Emergency Department
 - COAST: **1-877-825-9011** (Halton Residents)
 - Suicide Crisis Helpline: Call or text **988**
 - Kids Help Phone: Call **1-800-668-6868** or text **686868**

Consent

I have read and understand HHFHT's *Mental Health Counselling Informed Consent Form*. I have had the opportunity to ask questions and understand the purpose of counselling, the potential risks and benefits, how my personal health information will be used and shared, the limits of confidentiality, and my responsibility to attend appointments or provide notice if I need to cancel.

I understand that I may withdraw my consent for counselling at any time. I voluntarily consent to receive counselling services through the Halton Hills Family Health Team.

Print Patient Name

Signature of Patient / Guardian

Date

Emergency Contact (Relationship)

Phone number