



☎ 810.334.8895

✉ Admin@Myndset-Therapeutics.com

www.Myndset-Therapeutics.com

Guidelines for an Effective Therapy Experience

- ❖ I understand that my therapist is bound by confidentiality through HIPAA guidelines, and would only break my confidentiality for the following reasons:
 - There is suspicion that I may harm myself or others, in which case my therapist is mandated by law to contact appropriate persons.
 - There is concern that child endangerment is occurring, in which case my therapist is a mandated reporter and is mandated by law to contact Child Protective Services/Adult Protective Services.
- ❖ I can contact Myndset Therapeutics at (810) 334-8895 for scheduling concerns.
- ❖ I understand my therapist is not an immediate option if I am in crisis. Crises can be discussed, and safety plans can be created during a scheduled appointment, however if there are emergency or immediate concerns, I will contact one of the following options:
 - Call National Suicide Helpline: **(800) 273-8255** or dial **988**, if feeling suicidal/want to self-harm.
 - **Crisis Text Line: 741741**, if feeling suicidal/want to self-harm.
 - Call **911** or take yourself to the nearest **emergency room**.
 - **The Trevor Project: (866) 488-7386**, LGBTQ+ crisis intervention.
 - National Domestic Violence Hot line: **(800) 799-7233**. Call for assistance related to a domestic violence crisis.
 - Call **911** if it is a medical or domestic violence related emergency.
 - Should a safety concern arise in which I or my therapist much reach out to a trusted individual to confirm or ensure safety, my therapist should contact the following individual:
 - Name: _____
 - Phone number: _____



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- ❖ I understand I cannot belittle, berate, or verbally abuse my therapist and my therapist has the right to terminate services if any of these occur.
 - Please note this does not mean you cannot bring up a concern if you are having one! It is important to discuss concerns with your therapist, especially if you are not satisfied with your care, but please do so in a respectful manner.

- ❖ I understand that all fees, charges, and co-pays are due at the time of service. If I am unable to make a payment at time of service, **I will communicate this with Myndset Therapeutics 24 hours before the scheduled session or a late cancellation fee will be assessed. Myndset Therapeutics has the right to suspend treatment due to any unpaid balances.**