

## MindBeWell Consent Document

Please take a moment to look over our consent before booking.

Welcome to MindBeWell, before we begin this journey of working together, I am required to go over the possible risks, benefits, and consequences of online counseling/coaching and to get your informed consent before we start.

Please take a few minutes to review this information. By agreeing to this document, this will represent an agreement between us, and we can discuss any questions you may have at any point during this process.

As a client of MindBeWell, you understand that online counseling/coaching specifically can have risks and negative consequences. Online counseling is not appropriate for anyone who is suicidal, in immediate crisis, or who has a serious mental illness. Text communications can be misinterpreted and/or misunderstood. There are unexpected risks in technological problems which could interfere with phone/video sessions in addition to sending/receiving messages. Issues with internet connectivity, can occur and is not the fault of either the online counselor at MindBeWell or you the client. There could be other risks and consequences not listed here but problems beyond the control of MindBeWell and you the client, every effort will be made to re-schedule appointments and send/receive messages when able to do so.

You the client must be 18 years of age to consent for online counseling/coaching by MindBeWell. As a client of MindBeWell, you declare that you are free from any history of homicidal and violent behavior, major psychiatric episodes, hospitalizations or drug/alcohol dependence and not currently presenting these behaviors. If you are in a crisis or if you or any other person may be in danger - don't use this site. Call 1-800-273-TALK (24 hour hotline) or 911. Additionally, MindBeWell won't be able to make any official diagnosis to fulfill any court order.

With how the process works, you will be charged a monthly membership rate for the plan you choose, until you cancel the service. Please note that if you wish to stop services at any time, your membership will be cancelled for the next reoccurring payment and any service that has already been purchased, will continue until the cancellation date. For individualized plans, you will be charged a pre-arranged price that MindBeWell and yourself agree on. The benefits of counseling can include helping you feel better about yourself, improved mood, and helping you make positive changes in different aspects of your life. There may be moments that bring about unpleasant memories or feelings that may be uncomfortable to deal with. Most people do benefit from counseling and improve how they feel as a result of the process. This process will require a very active effort on your part. In order to be most successful, you will have to work on things we discuss outside of any messages and phone/video sessions we have.

In general, the risks of counseling can be that you may not feel any better, and you could even feel worse when focusing on painful issues or memories. There is no guarantee of success or even improvement from the services of MindBeWell. At any time, you can stop services with

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MindBeWell. You can also decide not to get any counseling/coaching right now or you can choose face-to-face counseling/coaching instead.

Lastly, although MindBeWell has taken a significant number of steps to ensure confidentiality and privacy of online communication between you and your online counselor, these actions, cannot guarantee the security of internet transmission. You agree to release and indemnify MindBeWell from all suits, claims and other action originating from counseling/coaching provided through MindBeWell.

☐ Please check if you agree with the consent.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_