

Limits of Confidentiality for Mental Health Providers

The following is a list of some of the limits to confidentiality for mental health care providers. Please note that laws are subject to revision and that this list may not represent all the current limits to confidentiality.

Although mental health providers must always honor your privacy by maintaining confidentiality about your disclosures and securely preserving your records, there are exclusions to this rule. Mental health providers can (or must) break confidentiality, and take other appropriate actions, as warranted if:

1. You are a danger to yourself and threaten to harm yourself (e.g. suicidal).
2. You threaten to harm another specific person (e.g. murder).
3. A member of your family informs your treating provider that you seriously intend to harm another.
4. You disclose something that your treating provider is required to report (e.g., child abuse, child sexual assault, and elder abuse).

_____ Initials I understand the limits of confidentiality

Consent for Treatment

I understand that I may have a behavioral health condition that may require treatment. I consent to the proposed evaluation and/or treatment provided at Behavioral Medicine Associates, Inc. I understand that the services available to me may include but are not limited to:

- Evaluation and diagnosis
- Treatment planning
- Individual, group, or family counseling
- Medicine
- Education
- Discharge planning and referral

I understand how the services are provided. When possible my behavioral health provider will discuss other treatment options with me. This could include referrals, alcohol and/or drug treatment, information on community resources, or other options.

Risks and Benefits

Benefits may include but are not limited to:

- Improved quality of life
- Fewer psychological symptoms
- Reduced health risks and medical problems
- Improved family, social and employment relationships

Risk may include but are not limited to:

- Medication related side effects
- Anxiety related to making life changes
- Effects on personal relationships
- Others' negative perceptions about mental health treatment

There are some likely consequences of not receiving behavioral health treatment. These include and are not limited to:

- Psychological distress
- Decreased life satisfaction
- Impaired employment
- A negative impact on relationships

Authorizing Signatures:

Patient Name: _____ DOB: _____
Name of Parent/Guardian: _____ Relationship: _____
Signature of Patient/Representative: _____
Date of Consent: _____