

Confidentiality Policy

Your contact with Relate is strictly confidential except in certain situations which are discussed below. We are not allowed to discuss your therapy or even that you have sought therapy, with anyone outside the centre, unless you give us written permission to do so. Within the centre, therapists and counselors may consult with other therapists and counselors, sharing only information necessary to address the clinical concerns. Your name will never be mentioned..

There are some exceptions to these rules of confidentiality. Under the law, there are conditions that require your counselor to take some action and this may mean breaking confidentiality.

If we

- believe that you intend to either seriously harm or kill yourself
- believe that you intend to either seriously harm someone else or their property
- suspect child abuse/neglect
- suspect dependent adult abuse/neglect on your part
- suspect elder abuse/neglect on your part

In such instances we are legally and ethically bound to report this to the appropriate authorities.

We may also be required to release records by court order, however we will first contact you to explain your options. In the case of a legal subpoena for your records, we will not release your records without your written consent.