

### **Special Confidentiality Notice for Parents**

Your child has the right to private, confidential communication with the Counsellor, Psychotherapist providing his or her care. This means that some of the issues that they discuss will stay between them, and that we will not disclose that information to anyone, including you, unless we have been given permission by your child to do so. We need your child to be open and honest with us in order to understand and treat the full range of issues your child is dealing with, and they may be too scared, angry or ashamed right now to share those issues with you. We also recognise it is very important for you to know what your child is going through in order to support you in your role as a parent, which is why we will always encourage your child to be honest with you. We will encourage, prepare and support your child so that they feel safe enough to share those issues with you.

You should know that this confidentiality has limits. If there is any threat to your child's life, we have the duty to inform you and help to create a plan for safety. In addition there are situations that we are mandated to report and cannot keep confidential. Those situations include: threats against another person, physical or sexual abuse, and neglect.

Finally we recognise how challenging it can be for a parent to raise a child, especially when the child has a mental illness. We know how badly you might want to know everything your child has kept as a secret from you too. We want to be your partner in supporting your child's physical and mental wellbeing, and even when we can't discuss certain details about your child with you, we will always be there for you: guiding you and giving your child the best advice possible to protect him/her and encourage healthy decisions, including being open and honest with you.

*Please note: it is with the discretion of the Counsellor, that when the counselling has been successful the Counsellor may recommend other approaches of treatment.*