

# Sullivan Mental Health Services, LLC

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## INFORMED CONSENT CHECKLIST FOR TELEMENTAL HEALTH SERVICES

- There are potential benefits and risks of telemental health services (e.g. limits to patient confidentiality) that differ from in-person sessions.
- Confidentiality still applies for telemental health services, and nobody will record the session without the permission from the others person(s).
- We agree to use the telemental health service platform selected for our virtual sessions, and the therapist will explain how to use it.
- You need to use a webcam or smartphone during the session.
- It is important to be in a quiet, private space that is free of distractions (including cell phone or other devices) during the session.
- It is important to use a secure internet connection rather than public/free Wi-Fi.
- It is important to be on time. If you need to cancel or change your tele-appointment, you must notify the therapist in advance by phone or email.
- We need a back-up plan (e.g., phone number where you can be reached) to restart the session or to reschedule it, in the event of technical problems.
- If you are not an adult, we need the permission of your parent or legal guardian (and their contact information) for you to participate in telemental health sessions.
- You should confirm with your insurance company that the telemental health service sessions will be reimbursed; if they are not reimbursed, you are responsible for full payment.
- As your therapist , I may determine that due to certain circumstances, telemental health services are no longer appropriate and that we should resume our sessions in-person.

Client Name: \_\_\_\_\_ Date: \_\_\_\_\_

Client Email/Phone Number: \_\_\_\_\_

Signature of Client/Client's Guardian: \_\_\_\_\_