

# Mental Health Coaching Contract

## 1. Introduction

This document is designed to inform you about the nature of mental health coaching, the process involved, and your rights as a client. Please read this consent form carefully and ask any questions you may have before signing.

## 2. Nature of Mental Health Coaching

Mental health coaching is a collaborative process aimed at enhancing your emotional well-being and personal growth. It involves setting goals, identifying obstacles, and developing strategies to improve mental health. Unlike psychotherapy or counseling, mental health coaching **does not** diagnose or treat mental health disorders. It is a supportive and goal-oriented approach focused on helping you achieve your personal and professional aspirations.

## 3. Confidentiality

All information shared during coaching sessions will be kept confidential, except in the following circumstances:

- If you provide consent to share information.
- If there is a risk of harm to yourself or others.
- If required by law (e.g., reporting child abuse or imminent harm).

## 4. Your Rights

- **Voluntary Participation:** You have the right to withdraw from coaching at any time without any penalty.
- **Informed Consent:** You have the right to be informed about the nature of the coaching process and any potential risks involved.
- **Confidentiality:** You have the right to have your information kept confidential, with exceptions as noted above.

## 5. Session Structure and Fees

- **Sessions:** Coaching sessions typically last 50 minutes and are scheduled weekly if desired.
- **Fees:** The fee for each session is \$90 USD for individual sessions. Payment is due at time of scheduling. Please note that fees are non-refundable unless otherwise agreed upon.

## 6. Responsibilities

- **Client Responsibilities:** You agree to actively participate in the coaching process, provide accurate information, and complete any agreed-upon tasks or assignments.

- You are solely responsible for creating and implementing your own physical, mental and emotional well-being, decisions, choices, actions and results arising out of or resulting from the coaching relationship and his/her coaching calls and interactions with the coach. As such, you agree that the coach is not and will not be liable or responsible for any actions or inaction, or for any direct or indirect result of any services provided by the coach. The client understands coaching is not therapy and does not substitute for therapy if needed, and does not prevent, cure, or treat any mental disorder or medical disease.
- Please note that all online communication interfaces: such as emails, texts, phone calls, Zoom, WhatsApp, or others platform can inherently pose a confidentiality risk. In signing below you accept the risks involved in using these methods of. Communication.
- As a coach, I do not take actively suicidal clients, clients who need court witnesses or those with serious mental illness. By signing below, you are signifying that you do not fall into any of these categories.
- **Coach Responsibilities:** I will provide a supportive and non-judgmental environment, use effective coaching techniques, and respect your confidentiality.

## 7. Termination of Coaching

Either party may terminate the coaching relationship at any time. If you decide to terminate, please provide notice as soon as possible.

## 8. Acknowledgment and Consent

By signing below, you acknowledge that you have read and understood the information provided in this consent form. You consent to participate in mental health coaching and agree to the terms outlined.

### Client Information:

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

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### Signatures:

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

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

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

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