**Confidentiality**

In all my services I seek to provide a confidential space and relationship for you. In my face to face services I do this by using a private space, which I also work out of when working online/phone. An additionally I use a secure and encrypted platform for Video Calling (VSee) and text based services (VSee and Protonmail).

There are limits to confidentiality and these are outlined below. I would seek to inform you if I needed to break confidentiality and speak to someone else about the information I have become aware of as a result of our work together. Likewise I would also seek to involve you in the process and for you to be as empowered and involved as much as possible in it, this could include seeking your consent for what I share or supporting you as you called your GP/spoke to a parent/carer. There are however situations where it is not possible for me to do this especially if I feel that it could put you or someone at risk. Occasionally a situation may arise that I am not able to make contact with you and it becomes apparent that I need to share information.

Limits to confidentiality:

* If you tell me you are going to harm yourself or someone else I would usually inform your GP and/or the emergency services or another more appropriate service/person (such as a parent in the case of Children/Young People) if this existed.
* If you disclose information about a child or vulnerable adult (either of these could be yourself if you fall into one of these categories) who is being harmed or is at significant risk of being harmed I would inform the police and/or social services or another more appropriate service/person if this existed.
* If requested to do so by a court of law or for legal purposes.
* If you disclose information about a serious crime (drug trafficking, money laundering, terrorism) I have to inform the police.

As a counsellor, I am required to attend clinical supervision, this is a private and confidential relationship. I keep brief notes of our sessions which are kept securely and use a code system of identification rather than your name.