



## Confidentiality

Everything you discuss with your psychologist is confidential. This is an important part of our job and we are not allowed to discuss your individual situation with anyone.

The only time we will discuss your specific situation is if we are concerned you are a risk to yourself or others or if your notes are subpoenaed by a court.

If we are concerned that you intend to end your life, our first point of call will be the emergency contact you nominate, however if we are really worried we will contact the appropriate service to come and check on you.

Please remember, we see a lot of people who feel very depressed and who think about suicide. Talking about suicide and self harm behaviours will not generally alarm your psychologist. We will always do our best to discuss fully any concerns we have with you before breaching confidentiality. Our job is to balance the requirement to maintain confidentiality with ensuring your safety.

Be aware that it is VERY rare for a psychologist to breach confidentiality and so we would have to be very concerned to do so.

If you are a young person (under 18), we may need to discuss your care with your parents or carers. Please see our "Communicating with Parents/Carers" Policy for more information about that.