

Union University Counseling Center  
Informed Consent for TeleMental Health

Client Name: \_\_\_\_\_  
Location Where Client Will Be for Sessions: \_\_\_\_\_  
Client Phone Number: \_\_\_\_\_  
Name of Emergency Contact in your location: \_\_\_\_\_  
Phone number for Emergency Contact in your location: \_\_\_\_\_  
Nearest Emergency Room Or Crisis Mental Health Agency:  
Agency Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Address: \_\_\_\_\_

This document is an addendum to Union University Counseling Center's standard informed consent and does not replace it. Aspects of informed consent for treatment that document apply to tele-mental health (TMH) treatment.

WHAT IS TELEMENTAL HEALTH

TMH refers to counseling sessions that occur via phone or videoconference using a variety of technologies. TMH is offered to improve access to counseling services at Union University students during major crises, such as COVID-19.

Union University Counseling Center works to reduce these risks by only using secure videoconferencing software and these policies and procedures:

- You may only engage in sessions when you are physically in Tennessee, or if your counselor has received permission to do so from your home state. Your counselor will confirm this each session.
- You and your counselor will engage in sessions only from a private location where you will not be overheard or interrupted.
- You will use your own computer or device, or one owned by Union University, but that is not publicly accessible.
- You will ensure that the computer or device you use has updated operating and antivirus software.
- You will not record any sessions, nor will the Counseling Center record your sessions without your written consent.
- You will provide contact information for at least one emergency contact in your location who the counselor may contact if you are in crisis and your counselor is unable to reach you.

Email is not a confidential method of communication, and your counselor may not access or respond to emails quickly. If you choose to contact your counselor by email, do not include private information, and do not expect a prompt response. If you need to reach your counselor between sessions, you may call the Counseling Center during business hours. All communications may be viewed by other staff at the Counseling Center. Email communications will be stored electronically as treatment records.

