

01/18/2025

Stoney Creek Counselling
Candice Babbey, M.S.W., R.S.W.
Vicki Peirce, M.S.W., R.S.W.
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50 King Street West, Stoney Creek
stoneycreekcounselling.com

Letter of Agreement

Reaching out for counselling is an important step and we are grateful to be part of your journey. We are here to provide support and work with you towards your goals.

Confidentiality

What we discuss in our sessions is private and will remain confidential. We will not share information with anyone, including your parents, unless we have your consent. There are three situations where we may need to share information:

- 1. Safety Concerns:** If you or someone else is in immediate danger, we are required to act to protect your safety and the safety of others.
- 2. Child Protection:** If we believe a child (under 16 years old) is being harmed physically, emotionally, or sexually, we are obligated to report this to the Children's Aid Society. Concerns about a 16 or 17 year old may also be reported.
- 3. Legal Requests:** If a court requests a copy of session notes, we may be required to share them.

Medical and Physical Well-Being

Your emotional well-being is closely connected to your physical health. It may be helpful to see your doctor or healthcare provider for a check-up, particularly if you are experiencing any physical symptoms related to stress or emotions.

Sessions

- **Duration:** Each session lasts 50 minutes.
- **Cost:** Sessions are \$125. With your consent, we can connect directly with your caregiver to arrange payment for the sessions.

Emergency and Support Resources

There may be times when you need immediate support. Here are some resources you can access anytime:

Kids Help Phone

Available 24/7 for youth across Canada.

Phone: 1-800-668-6868

Text: 686868

COAST

Mental health and addiction crisis support, available 24/7.

Phone: 906-972-8338

Toll free: 1-844-972-8338

Suicide Crisis Helpline

Available 24/7 across Canada

Call or text: 988

One Stop Talk

Free, confidential mental health support for youth under 18 with a registered therapist.

Phone: 1-855-416-TALK(8255)

Online: available anywhere in Ontario.

Letter of Agreement / Contract

Signature. We the undersigned have read this contract, understand it, and agree to the information included. We will comply with the points in this contract. We understand that our relationship may be discontinued whenever these terms are not fulfilled by either of us.

Signature: _____ Date: _____

Signature: _____ Date: _____

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