Confidentiality Agreement

Trent University Durham's Counselling and Student Accessibility Services aim to provide holistic and integrated services to address the biopsychosocial needs of students studying at the Trent University Durham GTA campus. To establish and build support systems in a person's community and enhance services, referrals are frequently made, with consent, to community agencies.

Counselling Services

Trent University Durham Counselling Services offers collaborative and personalized support with the aim to assist students in addressing personal concerns that interfere with academic performance and emotional wellbeing. Programming includes the provision of online resources, groups and workshops, brief individual therapy, and crisis counselling. These services are provided by qualified, registered psychotherapists.

Student Accessibility Services

Student Accessibility Services supports students with physical, mental health, learning and sensory disabilities to access their education. Dedicated staff work with students to develop individualized accommodation plans based on documented disability-related needs. Individualized support and case management services are provided to build the students' self-advocacy skills and learning strategies in keeping with their strengths.

The staff within both Counselling and Student Accessibility Services are bound by law and ethics to safeguard your privacy and the confidentiality of your personal information. We collect, use, and disclose only the information necessary for your care and provision of supports. Personal information will not be revealed to anyone outside of these services without your written consent.

There are exceptions to an individual's right to privacy as defined by the law. Both the staff in Counselling and Accessibility Services have a duty to report in the following circumstances:

1. If there is suspicion that a child or children (presently under the age of 16) has been or is being physically, sexually, or emotionally abused.
2. If a client presents a serious risk of bodily harm to self or others.
3. If a client reveals that they have been sexually abused by a health care professional who is covered by the Regulated Health Professions Act (e.g. a physician, psychologist, and psychotherapist).
4. You need to be aware that your records are not "privileged" documents. A court of law can subpoena them.

Counselling and Student Accessibility Services may need to consult with one another to ensure continuity of care and enhance service coordination. This level of disclosure is on a need-to-know basis, meaning that not all information provided by you to each service is shared among

the two departments. We invite you to speak to us about questions you may have regarding confidentiality.

I acknowledge having read and understood the above information on confidentiality.

Client Name (Printed): _____

Date of Birth (day / month / year):_____

Client Signature: _____

Date: _____

Supports / Emergency Contacts

Please indicate **at least one** Support/Emergency Contact who lives local to you. We can discuss how these contacts may be used in the event of immediate concern for your wellbeing/mental health. You will have the opportunity to ask questions to understand this more and to revise this information if needed.

Name: _____ Name: _____

Relationship: _____ Relationship: _____

Phone Number: _____ Phone Number: _____

Briefly describe in your own words the reason you are seeking counselling services:

_____
_____
_____
_____
_____