

## **TeleHealth Consent Form**

I am using TeleMental Health to ensure you have access to counseling. I can speak with you further about logistics and to answer any questions. Here is more information and an idea of what to expect of a virtual session and how to prepare.

I will provide more details on entering the meeting online if you need more help. I will email you usually the day before the session with the link to the session. Just click on it when the session is due to start.

### **Call Tips:**

Be comfortable!

Position your device beforehand to ensure visibility if using video conferencing. Lighting is important so that we can visually see each other.

Restart your device before the visit (except for telephone counseling).

### **Here are some of the necessary requirements for online video sessions:**

- Smartphone, Android, tablet, laptop or desktop computer
- Internet connection or wireless network with a camera and microphone. If you don't have a microphone you can use a call-in number on the email, and I will be able to hear you.
- Privacy (such as an office or where you can be alone, without interruption). I will send you an email invitation with the link you would click to join the meeting. It is very easy to use.

Video sessions are scheduled the same as in person sessions.

There is a form you can email to me, called an Informed Consent providing permission for me to use these methods with you at the bottom of this notice.

**Costs and Insurance:** These sessions incur the same fees and copays as in-session appointments. Most insurance companies are currently allowing TeleMental Health due to the virus.

If your insurance will not pay for TeleMental Health, I will work with you as I have a sliding scale. Your health and well-being come first. The copay can be mailed to the office or paid by Zelle or Venmo @ilene-cooper-4 or Paypal @ilenecooper can be used. If you have questions, let me know. Please mail the informed consent below or preferably send by encrypted email: ilcooper@protonmail.com: Office address is: 109 Vickery St., Roswell, GA. 30075, If you have any questions, please email or call!  
Thank you!

**Ilene L. Cooper, LCSW, CIRT**

678-245-6191

ilcooper@protonmail.com

### **Informed Consent**

I authorize **Ilene L. Cooper, LCSW** to provide TeleMentalHealth Services and have agreed to participate in these sessions.

I have been given the information regarding this and have had the opportunity to ask questions.

I understand that TeleMentalHealth sessions being provided is a different practice from in-person sessions.

If applicable to you, the copay can be paid through VENMO or Paypal so that you can pay online (instructions are above). (most bank accounts use Zelle to send or transfer money) as another option, or you can mail a check to the office at 109 Vickery St., Roswell, GA. 30075.

For professional and ethical reasons, therapists are not able to connect on social media.

I understand the potential risks involved including possible technical difficulties and if so, that the session cannot be continued if the meeting conditions are not adequate. If there is a significant interruption there will be no charge for the session.

I may decline these sessions or cancel giving 24-hour notice at no cost. This time is specially held for you. If there is less than 24-hour notice, a fee of \$25.00 will be charged (except illness or another true emergency).

Patient Signature

Date: