

Your Choice to Receive Support

This document explains your rights and what it means to give consent for counselling.

Consent means you understand what counselling is and **you choose to take part.**

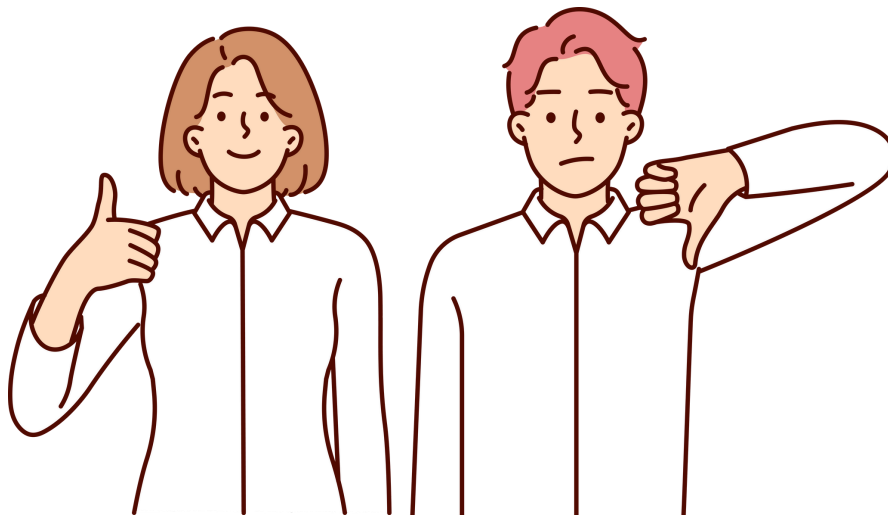


What does consent mean?

Consent means:

- You are choosing to receive counselling
- You understand what counselling involves
 - You can ask questions at any time
 - You can change your mind
- You can stop counselling whenever you want

There is no pressure to attend counselling.

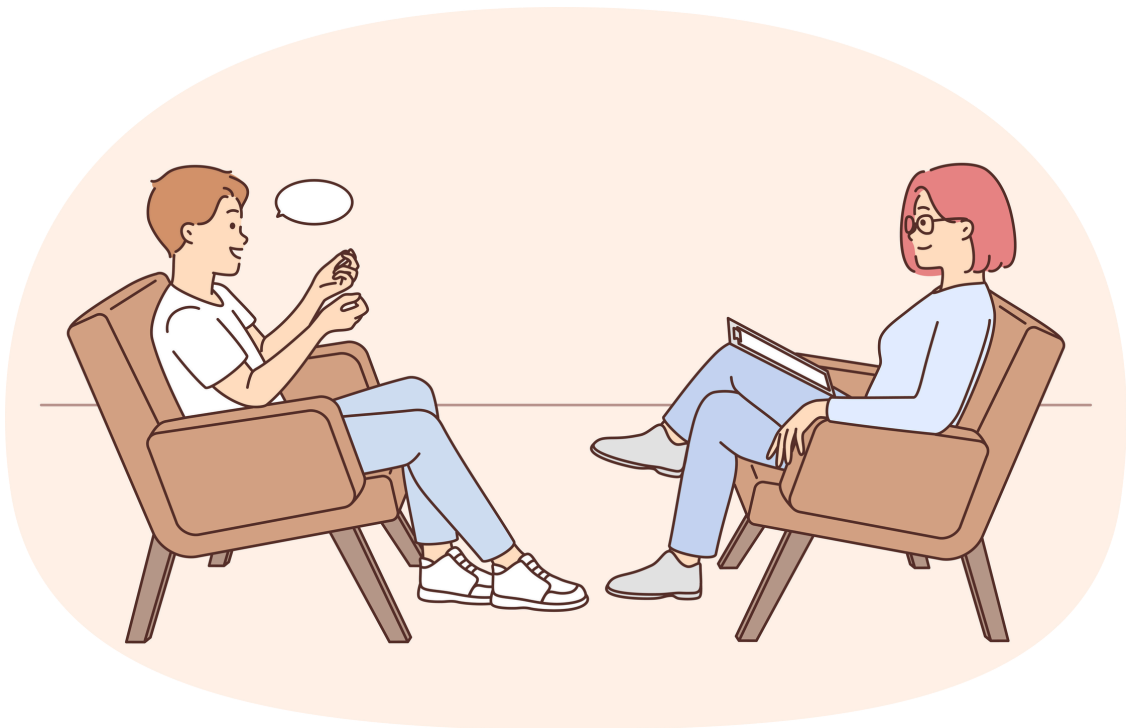


Privacy

What you share in counselling is private.

Your counsellor will only share information:

- If you say it is okay, or
- If there is a serious risk to your safety or someone else's safety



Your choice

Starting counselling means you are giving your consent to take part.

Remember:

You are always in control of your choices.
Support is here when you want it.

