

Text Messaging & Communication Policy for Prospective Clients

I want you to feel comfortable and supported from the very first time you reach out. You're welcome to call or email me to schedule a free 20-minute consultation so we can decide together if working together feels like the right fit.

To protect your privacy, I do not use text messaging with prospective clients. If we decide to work together, you'll have the option to explicitly consent to text messaging just for things like scheduling. That consent happens through a secure form, and you're always free to opt out anytime.

Please note:

- Texts are **only used after you've opted in** via my secure consent form.
- You can opt out at any time by letting me know or by replying "STOP."
- I never send marketing messages via text message
- Texts are for **scheduling only**

While I use HIPAA-compliant communication systems, such as iPlum Secure Business Texting & Calling and a secure Google Workspace with HIPAA Business Associate Addendum for emails, please keep in mind that email and text are not considered fully secure methods of communication.

Let's make sure the way we communicate feels right for you.

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