



2801 N. Sheffield, 2<sup>nd</sup> Floor  
Chicago, IL 60657  
773-281-8130  
[www.studioforchange.com](http://www.studioforchange.com)

## **INFORMED CONSENT CHECKLIST FOR TELEHEALTH SERVICES**

Prior to starting video-conferencing services, we discussed and agreed to the following:

- There are potential benefits and risks of video conferencing (e.g. limits to patient confidentiality) that differ from in-person sessions.
- Confidentiality still applies for telehealth psychotherapy services, and nobody will record the session without the permission from the others person(s).
- We agree to use the video-conferencing platform selected for our virtual sessions, and the psychologist will explain how to use it.
- A computer webcam or smartphone is needed during the session.
- It is important to be in a quiet, private space that is free of distractions (including cell phone or other devices) during the session.
- It is important to use a secure internet connection rather than public/free Wi-Fi.
- It is important to be on time. If you need to cancel or change your tele-appointment, you must notify your therapist in advance by phone or email.
- We need a back-up plan (e.g., phone number where you can be reached) to restart the session or to reschedule it, in the event of technical problems.
- We need a safety plan that includes at least one emergency contact and the closest Emergency Room to your location, in the event of a crisis situation.
- Given the current COVID-19 pandemic, it is also possible that your therapist may become sick and unable to continue services until a later date. A plan will be put into place to ensure your ongoing continuation of care based on your current needs and desires.
- If you are not an adult, we need the permission of your parent or legal guardian (and their contact information) for you to participate in telehealth sessions.

- BC/BS and United Healthcare (UHC) have communicated that they will pay for TeleHealth psychotherapy services. We will bill BC/BS and UHC directly for reimbursement, charging your credit card on file for deductible as well as copay fees. If for some reason, your insurance plan is an exception to the rule we will work directly with you to provide services at a reasonable fee.
- As your therapist, I may determine that due to certain circumstances, telehealth for psychotherapy is no longer appropriate and that we should postpone or resume our sessions in-person.

\_\_\_\_\_  
Signature of Client

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Legal Guardian Signature *(for client's under 18)*

\_\_\_\_\_  
Telephone#

\_\_\_\_\_  
Therapist's Signature

**Additional Resources:**

**City of Chicago:** For 24-hour assistance or to report a public health issue, call 311

**National Suicide Prevention Lifeline:** 1-800-273-8255 (TALK)

**Mental Health Crisis Intervention:** 1-800-248-7475

**COVID-19 Hotline & Resources by Text:**

- The hotline number: (708) 633-3319 and email address: [ccdph.COVID19@cookcountyhhs.org](mailto:ccdph.COVID19@cookcountyhhs.org) will be staffed between the hours of 9 a.m. and 4 p.m. Monday – Friday for the general public to receive answers to frequently asked questions.
- Simply text 'AlertCook' to 888-777 to opt-in and receive the latest COVID-19 alerts and information.