

## Safeguarding policy

Counselling is a confidential service (meaning information won't be shared). However, there are times where I will have to break confidentiality, for example:

- You are at harm
- Someone else is at harm
- Illegal activity involvement

When these situations arise in counselling, I will have to pass on information to your GP, it is important they are aware of these safeguarding concerns so you can access the best support possible. It is important to have this information on your medical history, GPs can help with medication if needed, give advice and refer to additional services if necessary.

Sometimes the police may have to be involved if there is illegal activity involvement, this can help to prevent crimes occurring, stop other vulnerable people being involved and to keep you safe from illegal activity and harm which may occur from this. This is not to get you into trouble but to keep you safe. You may call the police yourself or I can do this on your behalf. It is important that we remain in the session whilst calling the police and until they turn up (if an emergency call) this is so I know you are safe as I have a duty of care to protect you.

In a life threatening situation, an ambulance will need to be called to your location. You can do this yourself whilst on a session to me or I can do this on your behalf during the session. I may need to contact your emergency contact so they are aware (I will only do this with your permission and if it is safe to do so). This may be in situations where you are alone and need in person support. It is important that you remain in the session with me while making the call and until the ambulance service has arrived, this is so I know you are safe as I have a duty of care to protect you.

If you are under 18, I may have to contact your parent/legal guardian as well as relevant authorities but parents/guardians will only be contacted if it is safe to do so.

I will always tell you when I need to break confidentiality and what action I will be taking. I cannot keep any of the above situations to myself in any circumstances. I have a duty of care to protect clients. I understand, passing this information on may go against your wishes but it needs to be done for your safety.

Any queries regarding this policy please email me on [sc\\_counselling@yahoo.com](mailto:sc_counselling@yahoo.com) or on 07375 852435