

Let's Talk Informed Consent

Let's Talk visits are confidential. Are there any limits to confidentiality?

Conversations with Let's Talk counselors are confidential, with a few very rare exceptions. Counselors may need to share information in an emergency when there is an immediate threat of harm to self or others. Counselors are required by law to report when a minor, elderly person, or someone otherwise incapacitated and unable to act on his/her own behalf is being abused, or if abuse of animal is occurring. Let's Talk counselors keep brief written notes of their contacts with students, and in the event that there is an emergency or a student is referred to BGSU Counseling Center and counseling center staff may see these notes. Finally, these notes can be released in the unlikely event of a court order. Let's Talk visits are *never* noted on a student's official university record.

We don't want anything to be a barrier to students accessing help. If you have further questions about confidentiality, we encourage you to discuss them with a Let's Talk counselor.

Let's Talk should not be used during a time of crisis. If a BGSU student is experiencing a crisis there are several options available:

- During the hours of 8am-5pm, Monday-Friday, students can visit the BGSU Counseling Center or call the office at 419-372-2081.
- The Wood County Crisis line is available 24/7 and can be reached at 419-502-4673
- Students can text HOME or STEVE to 741741, which is available 24/7

Let's Talk is good for the following situations:

- Students who have questions or are curious about counseling.
- Students not interested in ongoing counseling, but would like to have a brief chat with a counseling center staff member.
- Students who have a specific problem and would like to talk with someone.
- Students who are concerned about a friend and would like some tips on what to do.