

# Your Confidentiality

Your confidentiality is of central importance to us and we aim to provide a high level of confidentiality for you. Generally, information about your counselling here is kept confidential to the agency. This means that nothing you tell us will be passed on to anyone outside the agency without your written permission.

Sometimes your counsellor may believe that it would help you if we share some information with other professionals outside the agency. This involves speaking to other professionals about their work or contact with you and responding to their requests to know something about your work or contact with Off The Record.

Less commonly, your counsellor will need to talk with someone outside the agency if they believe that someone else is at risk of serious harm. Even in this case, your counsellor will make every effort to talk with you first before taking action.

**TALK TO US**

