

SAFE & SEEN COUNSELING LLC

Debra DaCosta, MSW, LCSW, ADHD-CCSP

Owner, Clinical Therapist

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www.safeandseenllc.com

Virtual Therapy Services Across New Jersey

NOTICE OF PRIVACY PRACTICES

THIS NOTICE DESCRIBES HOW YOUR HEALTH INFORMATION MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION.

Effective Date: May 2026

Under the Health Insurance Portability and Accountability Act of 1996 (HIPAA), you have certain rights regarding the use and disclosure of your protected health information (PHI). Safe & Seen Counseling LLC is committed to protecting your privacy and maintaining the confidentiality of your mental health records.

Your protected health information may be used for treatment, payment, healthcare operations, appointment reminders, scheduling, insurance billing, and coordination of care when clinically appropriate.

Your information may also be disclosed if required by law, including situations involving suspected abuse or neglect, court orders, medical emergencies, or situations involving serious risk of harm to yourself or others.

Psychotherapy notes receive additional protection under HIPAA and will not be released without written authorization except in limited situations permitted by law.

Clients have the right to:

- Request restrictions on the use or disclosure of health information
- Request confidential methods of communication
- Access and obtain copies of their records
- Request corrections to records
- Receive an accounting of disclosures
- File a complaint without retaliation

Safe & Seen Counseling LLC offers telehealth services through secure HIPAA compliant platforms. While confidentiality protections remain in place, clients understand there are inherent risks associated with electronic communication and video conferencing technology.

If you have questions regarding this Notice of Privacy Practices, please contact:

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