



Social Media Disclaimers

Dear Diagnosis uses social media for marketing, education, advocacy, and community-outreach. Ms. Brianna A. Schiavoni wants to do this while making clients aware of the risks and benefits of engagement on social media where counselors are also present. Before engaging with the project via social media, please consider the following:

- A therapeutic relationship is a professional relationship and in today's technological climate, a social media presence or following your therapist on social media is not to be confused with a relationship outside of therapy. Ethical, professional, and therapeutic boundaries must be followed and honored.
- Anything published by Ms. Schiavoni on social media cannot be kept confidential, nor is it meant to replace a therapeutic relationship, professional- and/or medical-advice otherwise.
- A counseling social media page is not psychotherapy, a replacement for a therapeutic relationship, or substitute for mental health and medical care. No social media posts should be considered professional advice. The information contained in posts is general information for educational purposes only.
- Past and current clients risk breaching their privacy and confidentiality by following, liking, re-posting, commenting, and/or engaging on social media platforms with their counselors.
- In order to honor professional boundaries, ethical nuances, and to avoid potential forms of dual-relationship, counselors will not follow or initiate friend requests with past or current clients on social media platforms.
- If there are things from your social media sites that you think would be helpful for your therapist to know, please share those things with your therapist during sessions directly. Information shared by you on social media cannot be protected or kept private otherwise.
- "Direct Messaging" is another risk to your privacy. Remember commenting and messaging between sessions is not a confidential or encouraged means of communication. Please schedule an official therapy session to discuss, explore, and ask any treatment related questions or concerns. **Social media is not an appropriate medium for sharing therapeutic concerns, questions, comments, or reaching out in crisis to your counselor.** Comments and DM's are not confidential and there is no guarantee that your counselor will receive this information in a timely manner.
- By posting or reposting products or services to a Dear Diagnosis social media page, our staff is not choosing to endorse third party products or services, nor does an expectation for clients-engagement with respective materials exist. We encourage client autonomy in all things!
- Please consult your physician or mental health provider regarding advice or support for your health and wellbeing as is needed.
- This project is not equipped to provide emergency care services via social media engagement or otherwise. **If you are suicidal or at risk of inflicting self-harm in any capacity, please call your local 24-hour hotline or seek emergency services right away.**

