



My Healio

for the days you feel too much



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MINOR ASSENT FORM (Applicable for children who are at least 7 years old)

When a person is feeling upset, or having some difficulties and wants to find ways that can help them feel better, think differently and do well, one way to help themselves is called 'Psychotherapy'. You will have a separate 'mind-doctor' or 'feelings- doctor' called a 'psychotherapist'.

Your psychotherapist will first try to understand your difficulties as well as possible. Then, in discussion with you and your parents, make an agreement about what difficulties to work on. The agreement will also decide on when, for how long and how often you will need to fix a time to discuss.

For different reasons, you and your psychotherapist could talk to each other using a phone or a computer. Your parent/ guardian will be asked for their permission for this. When and how long you would talk would be discussed in advance with you and your parents, each time. In some sessions, the therapist may talk to your parent/s or both you and your parent/s together in order to help you.

Nobody - neither you, your parents or your doctor/psychotherapist - will take photographs or record anything while you and your psychotherapist are talking. No information about these talks will be shared with anyone else. Sometimes, your psychotherapist may share information about your discussions with their supervisor/teacher.

Sometimes if you are too upset, talking over phone or computer would not be possible or helpful enough. In such situations, you may need to go to a hospital for urgent help and your parents will be guided about the closest suitable places where they can take you to.

Would you be comfortable talking to your psychotherapist over phone?

Yes ☐

No ☐

Would you be comfortable talking to your psychotherapist over video call?

Yes ☐

No ☐

Name:

Date: