

Availability and Communication

I make every effort to respond promptly, typically within 48 hours. However, due to my frequent travel commitments, there may be times when I need longer to reply.

Contact Methods:

- Telephone Calls: I do not charge for brief calls under five minutes. Longer calls can be scheduled for therapy or consultation services.
- Email and Text: Please note that email and text communication may have varying response times, especially during my travel periods. Confidentiality of information transmitted through email or text cannot be guaranteed.

Emergency Situations:

While I strive to be available beyond regular business hours, I do not provide emergency services. In case of an emergency, please contact the emergency room of your local hospital or dial 911 or suicide hotline at 988. You can find more community resources on this website's community resource page.

Charges for Extended Correspondence

There may be charges for emails and text correspondence requiring more than 10 minutes of my time.

Your understanding of these guidelines is appreciated, ensuring effective communication while allowing me to provide personalized support. If you have questions or need clarification, please don't hesitate to reach out. Your well-being remains my top priority.