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Social Media Policies

1) **Text messaging:** Please do not use SMS (mobile phone text messaging) or messaging on Social Networking sites to contact us. We use text messages to confirm appointments and for you to contact us if you are running late. But text messages are not secure, are not reliably saved, and we may not read them in a timely fashion. For any important message, please send an email to Lynn (lynn@lynnbenjamin.com) or Dr. Benjamin (drbobbenjamin@gmail.com). If the message is about medication matters, including side effects, changes, insurance problems, etc., please email Dr. Benjamin directly.

2) **Email:** Email is not completely secure or confidential. So, please be mindful of including personal or identifying information. However, you should also know that any emails we receive from you and any responses that we send to you may become a part of your therapy record. In an urgent situation, please note that email has become preferable to phone for reaching us. In a true emergency, however, please call 9-1-1 or go to your nearest emergency room.

3) **Friending:** We do not accept friend or contact requests from current or former clients on any social networking sites. We believe that adding clients as friends or contacts on these sites can compromise confidentiality and privacy. It may also blur the boundaries of our therapeutic relationship.

4) **Blog on my website:** The blog on our website is a collection of articles on many topics related to mental health from various sources. We do encourage you to read any articles of interest to you. Feel free to bring them up and discuss them with us in psychotherapy sessions.