

# Notice of Privacy Practices

## **Resilient Path Counseling & Therapy**

Effective Date: January 1, 2026

**THIS NOTICE DESCRIBES HOW MEDICAL AND MENTAL HEALTH INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.**

### **Our Legal Duty**

We are required by law to maintain the privacy of your protected health information (PHI) and to provide you with this Notice of Privacy Practices. We are required to abide by the terms of this notice and to notify you following a breach of unsecured PHI.

### **Uses and Disclosures for Treatment, Payment, and Health Care Operations**

We may use or disclose your PHI for the purposes of providing treatment, obtaining payment for services, and conducting health care operations. For example, we may discuss your care with other health professionals involved in your treatment, submit claims to your insurance company, or use information to improve our services.

### **Other Uses and Disclosures**

Your PHI may also be disclosed without your authorization in certain situations, including when required by law; for public health activities; to report abuse, neglect, or domestic violence; to avert a serious threat to health or safety; and for health oversight activities.

### **Your Rights Regarding Your Health Information**

- You have the right to inspect and obtain a copy of your health records.
- You have the right to request corrections or amendments to your health information.
- You have the right to request restrictions on certain uses or disclosures of your information.
- You have the right to request confidential communications.
- You have the right to receive an accounting of disclosures.
- You have the right to receive a paper copy of this Notice.

### **Changes to This Notice**

We reserve the right to change the terms of this Notice and to make the new Notice provisions effective for all PHI that we maintain. Any revised Notice will be made available upon request and posted on our website.

### **Complaints**

If you believe your privacy rights have been violated, you may file a complaint with Resilient Path Counseling & Therapy or with the U.S. Department of Health and Human Services. You will not be retaliated against for filing a complaint.

**Contact Information**

Resilient Path Counseling & Therapy

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Location: Texas