

CLIENT SAFEGUARDING SUMMARY

Jenny Poirier Counselling

Your safety, autonomy, and privacy are the foundation of our work together.

When we work together, our therapeutic space is built on safety, trust and respect and is treated with the highest level of professional confidentiality.

However, in line with the **BACP Ethical Framework (2026)** and UK law, there are strict limits to this confidentiality. This summary explains how I protect your privacy while ensuring your safety.

1. When Confidentiality Must Be Broken

I cannot offer absolute confidentiality if keeping information private would result in serious harm. I am legally and ethically required to step outside our confidential agreement in the following rare circumstances:

- **Immediate Risk to Life:** If I believe you are in immediate, life-threatening danger of ending your life or seriously harming another identifiable person.
- **Adults at Risk:** If you share information indicating that an adult who has care and support needs is currently experiencing abuse, exploitation, or severe neglect, and they are unable to protect themselves.
- **Legal Mandates:** If I am legally ordered by a court of law or required by UK legislation (such as laws regarding terrorism or money laundering) to disclose information.

2. My Role in a Safeguarding Situation

If a safeguarding concern arises, please know that **I am your therapist, not an investigator.**

- I will never interrogate you, ask leading questions, or try to gather "evidence" regarding abuse or neglect.
- My sole focus will be on your immediate emotional safety, grounding you, and helping you access the right professional support.

3. If You Are Facing a Mental Health Crisis

There is an important professional difference between navigating painful self-harming thoughts and being in an immediate life-threatening crisis:

- **Collaborative Safety:** If you are experiencing thoughts of self-harm or suicide, we will talk about them openly, safely, and without judgment. We will work together to co-create a **Safety Plan** that connects you to your coping strategies and trusted community networks.

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- **Emergency Intervention:** I will always try to gain your explicit consent if external support (like your GP or a crisis team) is needed. However, if the risk to your life is immediate and you are unable to agree to a safety plan, I will contact emergency services (**999** or NHS crisis teams) to keep you safe. If we work online, I will route this support directly to the verified physical address you provide at the start of our therapy.

4. How We Handle Safeguarding Concerns Together

Unless doing so puts you or someone else in immediate danger, **I will always be transparent with you.** If I feel an external referral to a local safeguarding team (such as Haringey or Barnet Adult Social Care) is ethically required, I will discuss it with you first, explain my reasoning, and attempt to gain your consent and collaborative input.
