**Information About Confidentiality**

Talking Mental Health Derbyshire (IAPT) is a confidential service, however there are situations where we may have to share information you give us. We hope that by telling you about this, you will have more choice and control over what you decide to tell us. This document outlines the types of occasion when we may have to break confidentiality.

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| **GP**  We let your GP know when you have been assessed by our service, and the outcome. We also let your GP know when we discharge you from our service. This is so that your GP, as your primary NHS caregiver, is aware of who else is involved in your care at any given time and can support you appropriately. Please discuss this with us if you have any concerns. |
| **Risk To Yourself**  If you tell us that you are at risk of harming yourself then we may have to contact another service. These services may include a Crisis Team, a Community Mental Health Team or the emergency services. |
| **Risk To Others**  If you tell us that you are going to harm someone, or that others may be at risk, there is a likelihood that we will have to share this information with other services such as Social Care or the police. |
| **Risk From Others**  If you tell us you are experiencing harm from someone, or have been the victim of a specific crime, we may need to share this information with other services. For example if you tell us you are in a domestically violent relationship and children may be witness to this, then we might have to share this information so that support can be put in place for the family. |
| **Disclosing Childhood Abuse**  If you tell us you have experienced abuse in your childhood (e.g. sexual or physical abuse) and you tell us information that could identify the person (e.g. brother, mother etc.) we may have to share this information with the police or Social Care. This is because we have a duty to protect other children who may be currently at risk.  A further leaflet is available: ‘*Information for People Wishing to Talk About Abuse: What Happens After I Speak About My Experiences?’* which can be sent to you upon request. |
| **Criminal Offences**  If you tell us information about drug trafficking, terrorism or money laundering we will have to share this with the police. If you tell us information about any other crime, we may have to share this with the police. |
| **Data Recording and Sharing**  Our service collects information about you and the care you receive, including the assessments, results of tests and your answers to questionnaires. This enables your progress to be monitored and future care planned. All data collected is subject to the strict rules of confidentiality. If you would like more information about data sharing please speak with your therapist or alternatively visit our website: <https://www.derbyshirehealthcareft.nhs.uk/tmhd> |

We endeavour to keep your information completely confidential; however on the rare occasions we have to break confidentiality (such as those situations highlighted above) we will always try to involve you in this process so you know who your information has been shared with why and when.

This document provides an overview of our confidentiality agreement. Please call us on **0300 123 0542** and speak to someone from our team if you have any further questions.