

This document explains what to do in an emergency and clarifies the limits of coaching during a crisis.

Please read it carefully and keep a copy where you can find it quickly.

You can submit this form electronically (by typing your signature) or print it and sign by hand. Both methods have the same legal effect.

Purpose of This Acknowledgement

The purpose of this form is to make sure you and I share a clear, written understanding of how emergencies are handled, and to make sure the right resources are used when a real emergency occurs.

Coaching Is Not Crisis Care

Coaching at Specthrive Wellness & Behavioral Health LLC is not crisis care.

I am not available for emergency support.

I do not provide immediate or on-demand responses to messages, calls, or texts.

My response times during business hours are described in the Communication and Boundaries Policy. Outside of business hours, I am not available.

What Counts as an Emergency

An emergency includes, but is not limited to:

- Suicidal thoughts, plans, or behaviors.
- Risk of harm to yourself, your child, or another person.
- Severe emotional distress that requires immediate support.
- Any other urgent safety concern that cannot wait.

What to Do in an Emergency

If you or your child are in danger, do not wait to hear from me. Use one of these resources right away.

- Call 911 if there is an immediate safety risk.
- Go to the nearest emergency room.
- Call or text 988 to reach the Suicide and Crisis Lifeline.
- Contact your county's mobile crisis team.
- Reach out to your established mental health provider or pediatrician.

Communication Limits

Email, text, and voicemail are not monitored continuously.

Messages sent through these channels may not be seen for hours, overnight, or until the next business day.

Please do not use email, text, or voicemail to communicate an emergency.

Parent and Guardian Responsibility

If your child is the coaching client, you are responsible for ensuring their safety. This includes recognizing when a situation has moved beyond what coaching can address and seeking appropriate emergency care without delay.

When in doubt, choose the more cautious response. Calling 911 or going to the emergency room is always appropriate when a safety concern is present.

When Clinical Care Is Needed

Coaching does not replace mental health care. If clinical or safety concerns arise during our work together, I will recommend therapy, a referral, or another appropriate resource.

Therapy is a separate service with its own intake, consent, and clinical scope. Coaching cannot become therapy in the moment, even during a difficult conversation.

Sign and Submit

Sign this form by typing your name, your email, your relationship to the child, today's date, and checking the agreement box below. Under the federal ESIGN Act and Minnesota's Uniform Electronic Transactions Act (UETA), your typed name has the same legal effect as a handwritten signature when provided with the intent to sign. To sign on paper instead, print this form and complete the same fields by hand.

Your full name (typed signature)

Your email

Relationship to child

Date

I am providing my electronic signature on this form. By checking this box and clicking Submit, I agree my typed name above has the same legal effect as a handwritten signature, I intend to be bound by the terms of this document, and I have had the opportunity to print this document for my records.