



# Helping Hand Therapy

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## Detailed Social Media Policy

At Helping Hand Therapy, your privacy and our therapeutic relationship are our highest priorities. To maintain clear professional boundaries, we have the following policy regarding social media.

- **Friending & Following:** Our clinicians cannot accept friend or contact requests from current or former clients on any personal social media platforms (Facebook, Instagram, LinkedIn, etc.). We believe this is essential to protect your confidentiality and the integrity of our therapeutic relationship.
- **Interacting with Our Content:** We maintain a professional Facebook and Instagram page for Helping Hand Therapy. You are welcome to view and learn from the content we post. However, we ask that you do not "like" or comment on posts, as this could compromise your confidentiality by creating a public association with our practice. We will not engage with client comments.
- **Messaging:** Please do not use social media messaging (Facebook Messenger, Instagram DMs, etc.) to contact your therapist. These platforms are not secure, and we cannot guarantee your privacy. All clinical communication must take place through our secure SimplePractice client portal or by calling our office.
- **A Note on Reviews:** While we are grateful for all referrals, we ask that you do not leave reviews for your therapist on public sites like Yelp or Google. The ethics codes of our profession prevent us from responding to these reviews, and your posting can compromise your privacy.

Thank you for your understanding. This policy is in place to protect you and the safe, confidential space we create in therapy.