



TRUE Mental Health & Wellness, PLLC

Trust. Rapport. Understanding. Encouragement.

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WELCOME TO THE PRACTICE!

- Services are offered to individuals ages 5 & older.
- Family therapy is included with individual therapy. Sorry, no couples or marriage counseling; however, a referral may be made to existing patients.
- Sessions are done in person and/or teletherapy. Please note:
 - first sessions (assessment and evaluation) are completed in person in order to meet one another and complete any additional documentation required.
 - Children and teenagers are NOT offered teletherapy services unless therapist has made an exception and/or there are extenuating circumstances, such as weather, illness, travel; etc.
- Sessions are made for 30, 45, and 60 minute time increments. Please note that your insurance company may dictate the time of your sessions and how many sessions you receive.
- Therapist will discuss recommendations based on individualized needs.

Included in the packet are the following forms:

- How to download/upload forms on the portal
- North Carolina Notice of Policies to Protect the Privacy of Your Health Information (NPP & HIPAA)
- Patient Agreement for Services
- Release of Information (ROI)
- Treatment Plan Agreement
- Payment Authorization
- Good Faith Estimate (GFE) / No Surprises Act
- General Intake Information
- PHQ-9 Assessment
- GAD-7 Assessment
- Crisis / Emergency Contact Information
- There may be other forms/assessments included based on individual needs

These forms may be completed on the patient portal or in the office.

Thank you for choosing TRUE Mental Health & Wellness, PLLC. I look forward to getting to know and working with you during your journey.

Yours truly,
Tera Duthie, MSW, LCSW