



May 8, 2020

Harborside Wellbeing is a private mental health practice run by Dr. Prior. We are committed to assisting in meeting your mental health needs during and after the COVID-19 pandemic. Communication is particularly important, especially during this time, so please check www.HarborsideWB.com frequently for changes. Here are some of the ways Harborside Wellbeing is keeping all as safe as possible:

1. Dr. Prior will continue to offer teletherapy as the first option for therapy. Research says that teletherapy can be as effective as face-to-face therapy.
2. If you are scheduled for an in-person session, Dr. Prior will review the risks vs. benefits to in-person therapy with each client and the following measures have been taken to keep our clients, family members and community as safe as possible:
 - a. The cleaning staff is using more comprehensive cleaning procedures (i.e. regularly sanitizing surfaces and door handles) and only comes into the office after-hours.
 - b. The office staff will continue to work from home during this time.
 - c. Client appointments will be scheduled with a longer breaks between clients so there will be only one client in the reception area at a time. Most clients are seen via telehealth at this time, so you may be the only person seen in the office the day of your appointment.
 - d. Dr. Prior will greet clients in the waiting room, maintain an 8ft distance, avoid hand shaking, use frequent hand washing and use a contact-less payment system.
 - e. Please contact the office at 704.940.1822 immediately to cancel your appointment if you feel sick or believe you have been exposed to the virus. Also contact your medical provider if you have symptoms or believe you have been exposed.
 - f. Dr. Prior will wave fees for last minute cancellations at this time.
3. At this time, all trainings and groups offered by Harborside Wellbeing will be offered virtually and through free radio chats. Please contact our office to inquire about one of our webinars.
4. No evaluations will be completed at this time.
5. For virus updates go to <https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>.

Whether in our office or via teletherapy, Harborside Wellbeing is here to support you. Please feel free to call us at 704-940-1822 or by going to www.HarborsideWB.com.

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