

Patient Messaging Opt-In Agreement (Weave)

Embrace Psychotherapy LLC

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Purpose

I understand that **Embrace Psychotherapy LLC** will use the secure messaging system (“**Weave**”) to provide me with **non-emergency** messages, appointment-related notifications, and requests for scheduling and/or forms (as applicable). phone numbers collected for SMS purposes are **not shared** with third parties for marketing. See our [privacy policy](#) for more information.

Non-Emergency Use Only

I understand that messages sent through Weave are **not monitored 24/7** and are **not for emergencies**. If I am experiencing a mental health crisis or an emergency, I will contact:

- **911** (or local emergency services), or
- The nearest emergency department, or
- The **988 Suicide & Crisis Lifeline** (by calling or texting **988**) in the United States.

Opt-In / Opt-Out Choice

If you choose to opt out please contact us at 203-913-6255 or Admin@embracepsychotherapyllc.com to request that we do not send any communications via text message.

Important: Even if I opt out, I understand I can still receive care through other non-Weave methods as determined by the practice.

Consent and Communication Terms

By opting in, I agree that Embrace Psychotherapy LLC may send me messages through Weave for purposes including (as applicable) appointment scheduling, reminders, intake/clinical forms, and payment-related alerts or reminders. Msg frequency varies. Msg & data rates may apply.

I understand that I can change my preference at any time by notifying my provider or administrative staff and requesting opt-out (or opt-in), in accordance with practice procedures. Reply HELP for support. Reply STOP to opt out