

**Notice to Clients and Prospective Clients Regarding a Good Faith Estimate
Under the No Surprises Act**

Health care providers, including therapists, are required to provide their clients who either don't have insurance or who are not using insurance, with an estimate, known as the Good Faith Estimate ("GFE"), of the expected charges for medical services, including psychotherapy services. In many cases, including mental health care, it can be difficult for a therapist to know how much treatment will be needed when a new client schedules services for the first time. The total cost of services will depend upon the number of (psychotherapy) sessions you attend, your individual circumstances, and the type and amount of services that are provided to you. Your therapist will provide you with a written estimate prior to your initial session. Current clients will also be entitled to a written statement of their GFE. The GFE is based on information known at the time the GFE was created. It does not include any unknown or unexpected costs that may arise during treatment.

There may be additional items or services a therapist may recommend as part of your care that are not reflected in GFE. Please ask your therapist for a copy of your GFE at any time.

For more information about GFE and your right under it, please visit the website, <https://www.cms.gov/medical-bill-rights>