

NOTICE OF PRIVACY PRACTICES

Mind and Wellness Collective PLLC
8401 Mayland Dr., Ste. S
Richmond, VA 23294
Phone: 804-409-0686
Email: hello@mindandwellnesscollective.com
Website: mindandwellnesscollective.com

Effective Date

July 2, 2026

Our Commitment to Your Privacy

This Notice describes how your protected health information (PHI) may be used and disclosed, your rights regarding your PHI, and our legal duties under the Health Insurance Portability and Accountability Act (HIPAA). Mind and Wellness Collective PLLC provides virtual psychotherapy services to clients located in Virginia, Colorado, and Pennsylvania.

How We May Use and Disclose Your Information

- Treatment: To provide, coordinate, or consult regarding your care.
- Payment: To bill you, your health plan, or a billing service such as Headway when applicable.
- Health Care Operations: To improve practice operations, quality, training, compliance, and auditing.
- Appointment reminders and communications through the secure SimplePractice Client Portal, secure messaging, email, phone, or text (as authorized).
- When required or permitted by law, including mandatory reporting, court orders, public health reporting, health oversight activities, and to prevent a serious threat to health or safety.

Telehealth

Services are provided virtually using HIPAA-compliant telehealth technology. While reasonable safeguards are used to protect your information, electronic communication carries inherent security risks. Additional details are provided in your Telehealth Informed Consent.

Uses Requiring Your Written Authorization

Except as otherwise permitted by law, we will obtain your written authorization before using or disclosing your PHI for purposes not described in this Notice. You may revoke an authorization in writing at any time, except to the extent action has already been taken.

Your Rights

- Request access to or copies of your health record.
- Request corrections to your health record.
- Request restrictions on certain uses or disclosures.
- Request confidential communications by alternative means.

- Receive an accounting of certain disclosures.
- Receive a paper or electronic copy of this Notice.
- File a complaint without fear of retaliation.

Our Responsibilities

We are required by law to maintain the privacy and security of your PHI, provide this Notice, follow its terms, and notify you following a breach of unsecured PHI when required by law.

Questions or Complaints

If you have questions or believe your privacy rights have been violated, please contact:

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You may also file a complaint with the U.S. Department of Health and Human Services Office for Civil Rights.

Changes to this Notice

We reserve the right to revise this Notice. The current version will always be available upon request, through the Client Portal, and on our website.