

Triad Psych, P.C.

316 Alexander St., Suite 6
Marietta, GA 30060

1708 Peachtree Street NW, Suite 500
Atlanta, GA 30308

200 Glen Eagles Court, Suite 14B
Carrollton, GA 30117

470-338-3488 Fax: 678-581-0146
TriadPsych.org

Psychotherapy, Employee Assistance, Crisis Response, Educational & Disability Services

March 13, 2020

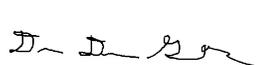
Dear Valued Client and Families,

In this time of unprecedented uncertainty, we understand that your need for ongoing mental health self-care and support is important. We understand that in addition to your concerns with COVID-19, other life, relational, and work stressors are ongoing. We remain committed to providing your sessions at this critical time. We are also taking the responsibility of minimizing risk and maintaining social distancing seriously. Please be aware of the following guidelines regarding your appointments at Triad Psych:

- If you have respiratory symptoms or anyone in your household has symptoms, please ask your clinician for a phone or video option. If you travel extensively and have been in any of the areas that have experienced a substantial outbreak (or been in direct contact with a household member who has) please ask your clinician for a phone or video session. Our clinicians are trained in telemental health and we are able to provide HIPAA compliant sessions to any client with access to a phone or computer.
- If you have been on a cruise, we ask that you utilize telemental health options for at least 2 weeks following your return.
- If you or any of your household members have been exposed to someone testing positive for COVID-19, please ask for telemental health sessions.
- Groups at Triad will continue as scheduled. We are deeply concerned about the level of social isolation many of our clients already experience and our groups are for many the only social outlet they have. We are also deeply concerned about our clients regressing during this crisis and want to take steps to avoid this from happening.
- We have purchased several high-end germ-killing UV air filters which are being deployed in all of our offices.
- We have put out boxes of plastic gloves for anyone to utilize and will be a major part of a hygiene procedure implemented for each group session.

For all clients we are happy to provide phone or video sessions upon request. For any clients who will still be seen at the office, we are using common sense precautions such as keeping surfaces clean and disinfected with anti-bacterial wipes and avoiding direct physical contact such as hand-shakes and hugs. For the latest updates and detailed information, we recommend the websites for [Center for Disease Control and Prevention](#) and [World Health Organization](#). If you have any questions, please contact your therapist directly.

In Health,



Dave Glick, LCSW



Deborah Bryan, LCSW



Will Carroll, LPC



Patricia Kerrigan, BS

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