

Allison Villar Psychotherapy LLC Privacy Policy

Effective Date: January 1, 2025

Allison Villar Psychotherapy LLC ("we," "us," "our") respects your privacy and is committed to protecting your personal information. This Privacy Policy explains how Allison Villar Psychotherapy LLC collects and uses information about you when you opt-in to receive SMS messages from us.

How to opt-out from receiving SMS messages from us

You have the right to opt out of receiving SMS messages from us at any time. To opt out, reply 'STOP' to any message you receive from us, or contact us at allisonvillar@avillarpsychotherapy.com to request removal from our messaging list.

Information We Collect

When you opt-in to receive SMS messages, we collect:

Your phone number

Consent to send SMS messages

Your basic contact information

Your messaging history with us

How We Collect Your Information

We may collect your information directly from you, such as when you complete a form or contact us automatically, such as when you interact with any of our digital properties; or from others, such as when we receive information about you from third parties.

How We Use Your Information

We use your information to:

Send you the SMS messages you've opted in to receive

Provide updates or other relevant content based on your preferences

Implement your choices

Operate our business

Disclosures of Your Information

We do not share your personal information, phone number, or SMS consent opt-in data with third parties or affiliates for marketing or promotional purposes. We may disclose your information to our affiliated companies; to third-party service providers, business advisors, or consultants who provide services to us; in connection with a merger, acquisition, reorganization, restructuring, financing transaction, or sale of assets; as required by law or administrative order; and to assert claims or rights or to defend against claims.

Protection of Information

We take steps to protect your information against unauthorized use or disclosure.

Updates

We may periodically update this privacy policy. If we make material changes that have a substantive and adverse impact on your privacy, we will provide notice before the change becomes effective.

How to Contact Us

You can reach us by texting the word HELP. You may also contact us directly at our main office by phone at +18607345600 or by email at allisonvillar@avillarpsychotherapy.com.

Terms and Conditions

By opting in to receive SMS messages from Allison Villar Psychotherapy LLC (“we,” “us,” “our”), you agree to these Terms and Conditions (Terms).

SMS Messaging Service

By providing my phone number, I consent to receive SMS text messages from Allison Villar Psychotherapy LLC for appointment reminders, feedback, and general two-way communication about my relationship with Allison Villar Psychotherapy LLC. Message and Data Rates may apply.

Message Frequency

You will receive more than one message from us unless you opt out. While messaging frequency varies, you will likely receive messages pertaining to your account with us as you request or up to four messages per month. We reserve the right to alter the frequency of messages at any time to increase or decrease the total number of messages. The company and carriers are not liable for delays or undelivered messages.

Message and Data Rates

Message and data rates may apply based on your mobile carrier’s terms.

Privacy Policy

Your information will be handled in accordance with our Privacy Policy which we provide in paper form.

Cancellation/Opt-Out Instructions

You can opt out of receiving SMS messages at any time by replying STOP to any message we send you. After you opt out of text messaging, you will receive one additional message confirming your request has been processed.

Help/Customer Support

Text the word HELP for support. You may also contact us directly by phone at +18607345600 or by email at allisonvillar@avillarpsychotherapy.com.

Liability

We are not responsible for any charges, errors, or delays in SMS delivery or undelivered messages caused by your carrier or third-party service providers.

Note: Certain businesses, such as healthcare providers, may include additional terms, including the risks of sending and receiving health information subject to HIPAA via text message, the rules about sending text messages to the provider’s office, and what to do if the subscriber is experiencing a medical emergency.