PSYCHOEDUCATION / CLIENT HANDOUT

Privacy, Digital Safety and Finding Help

Using public resources safely and understanding their limits

A webpage and a PDF can leave traces in browser history, download folders, cloud backups, printer history, or shared devices. If another person monitors your device, consider whether accessing or saving a worksheet could increase risk.

A quick-exit button may change the visible page but does not erase browser or device history. Avoid entering sensitive details into public forms unless the website explains what information is collected, why, and how it is protected.

In immediate danger in Canada, call 911. Call or text 988 for a suicide crisis. In Ontario, 211 can help locate community services, and the Assaulted Women's Helpline is available at 1-866-863-0511. These public resources are not monitored clinical communication.

QUESTIONS YOU MAY WANT TO CONSIDER

- [ ] Is this device private?
- [ ] Would downloading a file create risk?
- [ ] Would talking with a live professional be safer?

NEXT RESOURCE: Choose online reading without saving, or contact a support service using a safe device.

Suggested reading: Barrett, C. (2023). Narcissistic Abuse: Training for PESI Law and Ethics [slides in Legal and Ethical Considerations for Working with Narcissism and NA/ARS]. PESI training materials. | Durvasula, R. (2023). Being Culturally and Intersectionally Informed When Working with Clients Experiencing NA/ARS. PESI training materials.