

Terms and Conditions – Anne Russey Counseling, PLLC

Effective Date: 3/20/2025

By opting in to receive SMS messages from Anne Russey Counseling, PLLC (“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 Anne Russey Counseling for appointment reminders, marketing messages, and general two-way communication about counseling services. Message and Data Rates may apply.

Message Frequency

You will get more than one message from us unless you opt-out, and while messaging frequency varies, you will likely receive up to 4 messages per month. Anne Russey Counseling reserves the right to alter the frequency of messages at any time to increase or decrease the total number of messages. Anne Russey Counseling 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](#).

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 at anne@annerusseycounseling.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: Note that effort will be made to return text message inquiries within 24 hours. However, phone messages and text messages are not always monitored outside of business hours. Should you experience a mental health emergency and find yourself in need of immediate assistance, please seek care from your nearest emergency room, or by calling 9-1-1.