**Good Faith Estimate Notice
Brave Enough, LLC – Counseling Services**

Under the law, health care providers are required to give clients who don’t have insurance, or who are not using insurance, an estimate of the expected charges for services.

At Brave Enough, we believe in transparency—no surprise bills, no hidden fees.

### **What You Should Know:**

* You have the right to receive a **Good Faith Estimate** that explains the expected cost of your mental health care.
* This estimate will be provided before services are scheduled, typically during your initial inquiry or when you book your first appointment.
* The estimate will include the total expected cost of services, including therapy sessions, optional services, and any agreed-upon fees (e.g., late cancellation or documentation fees).
* If you receive a bill that is **at least $400 more** than your Good Faith Estimate, you can dispute the charge.
* You may contact the provider or facility listed on your bill to discuss or resolve the discrepancy. You can also initiate a dispute resolution process through the U.S. Department of Health and Human Services (HHS).

For more information about your rights under the No Surprises Act or to learn how to start a dispute, visit: [www.cms.gov/nosurprises](https://www.cms.gov/nosurprises)