

Information disclaimer

1. Credit

- 1.1 This document was created using a template from [SEQ Legal](http://www.seqlegal.com) (<http://www.seqlegal.com>).

2. No advice

- 2.1 Our website, blog, social media and support group may contain general medical information.
- 2.2 The information is not advice and should not be treated as such.

3. No warranties

- 3.1 The information on our website, blog, social media and in our group is provided without any representations or warranties, express or implied.
- 3.2 Without limiting the scope of Section 3.1, we do not warrant or represent that the information on this website or in this group:
- (a) will be constantly available, or available at all; or
 - (b) is true, accurate, complete, current or non-misleading.

4. Medical assistance

- 4.1 You must not rely on the information on our website, blog, social media or in our support group as an alternative to medical advice from your doctor or other professional healthcare provider.
- 4.2 If you have any specific questions about any medical matter, you should consult your doctor or other professional healthcare provider.
- 4.3 If you think you may be suffering from any medical condition, you should seek immediate medical attention.
- 4.4 You should never delay seeking medical advice, disregard medical advice or discontinue medical treatment because of information on our website, blog, social media or in our support group.

5. Limits upon exclusions of liability

- 5.1 Nothing in this disclaimer will:
- (a) limit or exclude any liability for death or personal injury resulting from negligence;
 - (b) limit or exclude any liability for fraud or fraudulent misrepresentation;
 - (c) limit any liabilities in any way that is not permitted under applicable law; or
 - (d) exclude any liabilities that may not be excluded under applicable law.

Please note – although MINDFULNESS has been shown to enhance emotional well-being it might be unhelpful in certain circumstances: for example, for people experiencing recurrent strong painful emotion, current or past trauma, or for people who are vulnerable to psychosis. Mindfulness can lead to an increased awareness of positive life experiences and an increased enjoyment of ordinary everyday activities and situations. It can also help us manage difficult life experiences and emotions. However increasing our awareness of our current experience can put us more 'in touch' with unpleasant emotion that had hitherto been kept 'at arms length'. Although this can itself be 'healing' it can also sometimes be disconcerting. If you are unsure whether mindfulness is appropriate for you, or if you have a mental health diagnosis, please consult your doctor.