

Disclaimer

The services provided by IMPROVE YOUR EMOTIONAL STATE are strictly **life coaching** and are intended to support personal development, emotional awareness, and goal achievement. It is important to note that **coaching is not psychological therapy** or a substitute for **mental health services** or **healthcare**. Coaching is focused on future-oriented growth and development, rather than diagnosing or treating mental health conditions.

We do **not provide medical, psychological, or therapeutic advice**. If you are experiencing a mental health crisis or require professional mental healthcare, we strongly encourage you to seek help from a licensed mental health professional.

Please note that our services are **not eligible for insurance reimbursement**. Referrals to healthcare or mental health providers can be made upon request if needed.

By engaging in coaching with IMPROVE YOUR EMOTIONAL STATE you acknowledge that the services offered are strictly for coaching purposes and do not constitute healthcare or therapy in any form.