



Terms of Use

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These Terms of Use govern your access to and use of this website and any services, information, or materials provided through it. By visiting or using this site, you acknowledge that you have read, understood, and agree to be bound by these terms.

1. Purpose of This Website

The information on this website is intended for general educational and informational purposes only. It does not constitute professional, medical, psychological, psychiatric, or crisis-intervention advice. Any decisions you make based on the content of this site are your responsibility.

2. Counselling Services

Counselling services are provided only through scheduled appointments and are subject to separate agreements, policies, and informed-consent documents. Accessing this website does not establish a therapeutic relationship. A therapeutic relationship begins only once an appointment has been confirmed and appropriate consent forms have been completed.

3. Not a Substitute for Medical or Emergency Care

The services offered are supportive in nature and are not a replacement for medical, psychiatric, or emergency services. If you are experiencing acute distress, risk of harm, or a medical or mental-health emergency, please contact your GP, mental-health services, or emergency services immediately.

4. Privacy and Confidentiality

While every effort is made to protect your privacy, communication through this website (including contact forms or email) may not be fully secure. Please avoid sharing sensitive personal information through unsecured channels. Full confidentiality practices are outlined in the counselling agreement provided to clients.

5. Intellectual Property

All content on this website — including text, graphics, logos, and resources — is the property of this practice unless otherwise stated. You may not reproduce, distribute, or modify any material without prior written permission.

6. External Links

This website may contain links to external sites for your convenience. These links do not imply endorsement, and I am not responsible for the content, accuracy, or privacy practices of any third-party websites.

7. Appropriate Use

You agree not to use this website for unlawful, harmful, or disruptive purposes. This includes attempting to gain unauthorised access to the site or interfering with its functionality.

8. Limitation of Liability

While every effort is made to keep the website accurate and up to date, no guarantees are made regarding completeness, reliability, or suitability of the information provided. To the fullest extent permitted by law, I am not liable for any loss, damage, or harm arising from your use of this website or reliance on its content.

9. Changes to These Terms

These Terms of Use may be updated from time to time. Continued use of the website after changes are posted constitutes acceptance of the revised terms.

10. Contact

If you have questions about these Terms of Use, please reach out through the professional contact details provided on this website.