

## Website Disclaimer

The information on this website is for general guidance only and reflects my professional practice as a therapist. It is **not a substitute for personalised therapy, medical advice, or crisis support.**

While I provide information about trauma, mental health, and therapeutic approaches, this content is not intended to diagnose or treat any condition.

Reading this website or contacting me does **not** create a therapeutic relationship. A therapeutic contract begins only once we have agreed to work together and have both signed the therapy agreement.

If you are experiencing a mental health crisis or feel unsafe, please contact your GP, NHS 111, Samaritans (116 123), or emergency services immediately.

I cannot take responsibility for the content of external links or resources.