

## Legal Terms

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Anyone who needs help should seek it from an appropriate source such as a mental health professional or a doctor. If you cannot accept these terms and conditions please discontinue use of this website. If you have any feedback you would like to make with regards to the information contained in the website please contact us. By using our website, you are indicating your agreement with these terms and conditions. If you do not wish to agree to all of these terms and conditions of use, please do not read the website. We may revise these terms and conditions at any time. Your continued use of this website will indicate that you accept those changes.

The diagnosis and treatment of psychiatric disorders and other medical problems can be performed only by a qualified healthcare professional. The exercises on this website are not designed to provide a diagnosis or treatment but as a guide until you are seen by our staff or your own health care or medical doctor. We recommend that you use our programs as a guide but always seek appropriate treatment, not as a substitute for it. Always seek the advice of your healthcare provider regarding any medical symptoms or mental health problems. Do not under any circumstances ignore medical advice or delay obtaining a medical opinion because of something you read on this Internet site.

Our website is not designed to respond to immediate, critical situations such as thoughts of suicide. If you are thinking about suicide, or you feel that you may try to harm yourself or others, dial "911" now or go immediately to the nearest hospital Emergency Room. If you are currently receiving treatment please follow the emergency procedures used by your doctor or therapist. Please be advised that we adhere to professional licensing standards of New York State and will always comply with all legal entities regarding problems or issues that come up.

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