

Wellbeing and Medical Disclaimer

The information provided on www.selfempowermentfoundation.org.uk is intended for **general informational and educational purposes only**.

While our content focuses on personal growth, empowerment, and wellbeing, it **does not constitute medical, psychological, therapeutic, or professional advice**.

1. Not a Substitute for Professional Advice

Content on this Website should not be used as a substitute for professional guidance from:

- Medical professionals
- Qualified therapists or counsellors
- Mental health specialists

If you require professional assistance, please consult an appropriately qualified professional.

2. Personal Responsibility

Users are responsible for how they interpret and apply information provided on this Website.

Self Empowerment Foundation accepts no liability for decisions made based on Website content.

3. Crisis Support

If you are experiencing a mental health crisis or feel at risk of harm, please contact emergency services or a professional support service immediately.

In the UK you may contact:

- **Samaritans – 116 123**
 - **NHS 111**
 - Emergency services: **999**
-

4. Limitation of Liability

Self Empowerment Foundation makes no guarantees regarding outcomes resulting from the use of our content or resources.