

Professional, Medical and Crisis Disclaimer

The Support Hub offers education and general wellbeing support. It does not replace individual professional care.



General Information

Articles, recordings, worksheets, videos and personal stories are provided for general information and reflection. They do not create a therapist-client, doctor-patient, solicitor-client or other professional relationship simply because you access them.

Not Diagnosis or Treatment

Hub content is not a diagnosis, assessment, prescription or personalised treatment plan. Do not start, stop or change medication, treatment, diet, benefits action or legal action solely because of a Hub resource. Seek advice from an appropriately qualified professional who understands your circumstances.

Personal Experiences

Lived-experience contributions describe one person's perspective. Experiences and outcomes differ, and inclusion does not mean that Space to Breathe Therapy endorses every view, product, practitioner or approach mentioned.

Crisis and Emergencies

The Hub is not continuously monitored and cannot provide emergency intervention. If you or somebody else is in immediate danger, call 999. For urgent mental health help, contact NHS 111 and select the mental health option where available, attend A&E, or contact an appropriate local crisis service.

Taking Care

Some subjects may feel upsetting. Pause, leave the resource and seek support if needed. Parents, carers and professionals should decide whether material is suitable for a child or person they support.

Accuracy

We take reasonable care and review content, but guidance, services and external links can change. Check current information with the relevant official body when accuracy is important.