



Acceptable Use Policy

Last updated: [22/04/2026]

Thanks for visiting BareSoulCounselling.com

This Acceptable Use Policy ("Policy") outlines the standards for using the website of Bare Soul Counselling. By accessing or using this website, you agree to comply with this Policy.

This website is intended to provide information about counselling services and related resources. It is not a substitute for professional medical or mental health advice, diagnosis, or treatment.

Appropriate Use

You agree to use this website only for lawful purposes and in a respectful manner. You must not:

- Use the website in any way that breaches applicable local, national, or international laws or regulations
- Attempt to gain unauthorized access to any part of the website, server, or databases
- Interfere with or disrupt the security, integrity, or performance of the website
- Use the website to transmit or upload harmful or malicious code (e.g., viruses, spyware)
- Misrepresent your identity or affiliation

Communication and Conduct

If you contact us via forms, email, or other means provided on this website, you agree:

- To provide accurate and truthful information
- Not to submit abusive, offensive, or inappropriate content
- Not to use communication channels for spam, solicitation, or promotional purposes

We reserve the right to refuse or terminate communication that violates these standards.

No Emergency or Crisis Services

This website is not monitored 24/7 and is **not intended for emergency use**.

If you are experiencing a crisis or require immediate support, please contact:

- Emergency services 999
- Your GP
- A crisis helpline such as Samaritans (116 123 in the UK)

Intellectual Property

All content on this website, including text, graphics, logos, and materials, is the property of Bare Soul Counselling unless otherwise stated.

You may:

- View and print content for personal, non-commercial use

You may not:

- Copy, reproduce, distribute, or exploit content without prior written permission

Privacy and Confidentiality

While we take reasonable steps to protect your information, communication via this website (including email or contact forms) may not be fully secure.

Please avoid sharing highly sensitive or confidential information through the website.

For more details, please refer to our Privacy Policy.

Third-Party Links

This website may contain links to external websites. We are not responsible for the content, security, or practices of third-party sites.

Accessing such links is at your own risk.

Limitation of Liability

We make reasonable efforts to ensure the accuracy of information on this website, but we do not guarantee that all content is complete, accurate, or up to date.

To the fullest extent permitted by law, we disclaim liability for any loss or damage arising from use of this website.

Changes to This Policy

We may update this Policy from time to time. Any changes will be posted on this page with an updated revision date.

Contact

If you have any questions about this Acceptable Use Policy, please contact:

Bare Soul

Michelle@baresoulcounselling.com