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The information provided on this website is for general informational purposes only. While I am a qualified psychotherapist, the content on this site should not be considered a substitute for professional advice, diagnosis, or treatment.

If you are experiencing a mental health crisis or feel unsafe, please call 999 (UK emergency services) or contact the Samaritans on 116 123.

Engaging with this website, including completing contact forms or booking a session, does not in itself create a therapeutic relationship. A therapy agreement is established only after mutual consent and confirmation of appointments.

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