



WEBSITE & SOCIAL MEDIA DISCLAIMER

Effective Date: 6/1/2025

The information provided by Collecting Consciousness on this website (www.collectingconsciousness.com) and associated social media accounts is for educational and informational purposes only. It is not intended as a substitute for therapy, medical advice, diagnosis, or treatment.

No Therapist-Client Relationship

Visiting this website, reading blog posts, signing up for a newsletter, or interacting on social media does not establish a therapeutic relationship. A formal therapist-client relationship is only formed through mutual agreement and completion of all necessary documentation.

Social Media Use

Collecting Consciousness maintains public social media accounts (such as Instagram) to offer general mental health education, inspiration, and wellness content. These platforms:

- Are not monitored 24/7
- Are not intended for therapy or clinical communication
- Should not be used to share confidential or sensitive information

Engagement such as follows, likes, comments, or messages does not constitute a therapeutic relationship.

If you are a current or prospective client, please contact me directly via email or secure client portal for all clinical inquiries.

Crisis Support

If you are in crisis or need immediate support, please call 911 or visit your nearest emergency room. You can also reach the Suicide & Crisis Lifeline by dialing 988.