

## **Disclaimer**

The information provided on the Llumín Wellness Counselling website is intended for general informational and educational purposes only. It is not intended to replace professional medical, psychological, psychiatric or other healthcare advice, diagnosis or treatment.

Wellness counselling provides support, guidance and a safe space to explore personal, emotional and life-related challenges. While every effort is made to provide appropriate and supportive services, counselling outcomes may vary from person to person.

Llumín Wellness Counselling does not provide emergency or crisis services. If you are experiencing an emergency, are at risk of harming yourself or someone else, or require immediate medical or psychiatric assistance, please contact your local emergency services, go to the nearest emergency department, or contact an appropriate crisis service.

Information shared through this website, including articles, resources and general guidance, should not be considered a substitute for individual professional assessment or treatment.

By using this website, you acknowledge that you do so at your own discretion and that the information provided is not a substitute for appropriate professional healthcare.

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