

Disclaimer

Peer Support Only – No Professional Advice

This app is intended to provide **peer-to-peer support** for individuals seeking to connect, share, and receive encouragement from others who may have similar life experiences. **Supporters on this platform are not licensed therapists, counselors, or mental health professionals.**

They are everyday individuals offering emotional support and personal perspectives.

This app is **not a substitute for professional mental health treatment** or medical advice. If you are experiencing a mental health crisis, thoughts of self-harm, or any other serious emotional distress, please contact a licensed mental health provider, call emergency services, or reach out to a crisis hotline in your area.

By using this app, you acknowledge and agree that:

- The support provided is **not therapy** and is not intended to replace therapy or any professional mental health services.
- No diagnosis, treatment, or clinical advice is given on this platform.
- The app and its developers are **not liable** for any decisions, actions, or outcomes resulting from conversations within the app.

If you need immediate help, please contact emergency services or a crisis line such as:

- **988 Suicide & Crisis Lifeline (U.S.):** Call or text 988
- **Crisis Text Line:** Text HOME to 741741
- Or find local emergency contacts for your country.