

Social media Content Disclaimers

Contributing to a healthier culture of scrolling



Feel free to repurpose the below disclaimers into your social media caption OR include in the social media content itself.

Education content Disclaimer

CLARIFIES THAT CONTENT IS EDUCATIONAL, NOT A SUBSTITUTE FOR THERAPY OR PERSONALISED ADVICE.

Example

"This information is provided for educational purposes only and is not a substitute for therapy or mental health treatment."

Mental Health Crisis Disclaimer:

ADVISES USERS/VIEWERS NOT TO RELY ON THE CONTENT FOR CRISIS SITUATIONS AND PROVIDES EMERGENCY RESOURCES IF NECESSARY.

Example

"If you are in crisis, please contact a crisis hotline or seek immediate help. This page is not monitored for emergencies."





Feel free to repurpose the below disclaimers into your social media caption OR include in the social media content itself.

Scope of Practice Disclaimer

ACKNOWLEDGES THAT INFORMATION MAY BE BASED ON SPECIFIC AREAS OF EXPERTISE, AND MAY NOT APPLY UNIVERSALLY.

Example

"Content here reflects my background as a licensed therapist and may not be relevant to all mental health contexts or states."

Privacy and Confidentiality Disclaimer

WARNS FOLLOWERS THAT INTERACTIONS ON SOCIAL MEDIA ARE NOT PRIVATE OR CONFIDENTIAL.

Example

"Please avoid sharing personal or sensitive information on social media. This is a public platform, and confidentiality cannot be maintained."





Feel free to repurpose the below disclaimers into your social media caption OR include in the social media content itself.

Cultural Sensitivity Disclaimer

ACKNOWLEDGES THAT THERAPEUTIC PRACTICES DISCUSSED MAY BE BASED ON A SPECIFIC CULTURAL OR CLINICAL CONTEXT AND ENCOURAGES VIEWERS TO CONSIDER CULTURAL FACTORS.

Example

"The approaches discussed here are general and may not align with all cultural perspectives. Please consult a therapist who understands your unique cultural needs."

Treatment or Diagnosis Disclaimer

CLARIFIES THAT CONTENT SHOULD NOT BE INTERPRETED AS DIAGNOSIS OR TREATMENT.

Example

"TW: This post includes discussions of trauma. Please prioritise your well-being and skip if needed."





Feel free to repurpose the below disclaimers into your social media caption OR include in the social media content itself.

Professional Boundaries Disclaimer

MAINTAINS ETHICAL BOUNDARIES, CLARIFYING THAT THERAPISTS CANNOT PROVIDE INDIVIDUALISED FEEDBACK THROUGH SOCIAL MEDIA.

Example

"For ethical reasons, I cannot provide individual advice or counselling through this platform."

Content Warning / Trigger Warning for Sensitive Topics

ALERTS USERS TO POTENTIALLY SENSITIVE MATERIAL RELATED TO MENTAL HEALTH, SUCH AS TRAUMA OR SUICIDE.

Example

"This content does not offer diagnosis or treatment. For more information regarding an assessment or treatment plan, consult a licensed mental health provider."



Final Comments

Whether it be for the sake of upskilling due to industry demands, or a drive to serve the diverse needs of your clients & community...

Social media is a space that needs your clinical knowledge, unique professional skillset, ethics, and empathetic capacity.

If you are overwhelmed with the idea of translating your clinical knowledge into digital tools, then support is available. Collaborating with a freelancer who has experience working with Allied Health practitioners is both beneficial to you and your clients/communities.

READY TO DIVERSIFY?



AMICASOCIAL.COM

Social media Content Disclaimers

Contributing to a healthier culture of scrolling

aimers into your social media content itself.

Disclaimer

ACTION MAY BE BASED
ON A THERAPIST'S
PRACTICE, AND MAY NOT

a licensed therapist
in specific contexts or

Confidentiality

ACTIONS ON SOCIAL
MEDIA ARE CONFIDENTIAL.

For more information on
confidentiality

aimers into your social media content itself.

Therapy Disclaimer

TERAPEUTIC PRACTICES
ARE BASED ON A SPECIFIC CULTURAL
BACKGROUND AND ENCOURAGES VIEWERS TO
SEEK PROFESSIONAL TREATMENT.

These general statements are general and may not align
with individual needs. Please consult a therapist who
understands your specific needs."



Diagnosis

CLARIFIES THAT CONTENT SHOULD NOT BE
INTERPRETED AS DIAGNOSIS OR TREATMENT.

Example

"TW: This post includes discussions of trauma. Please prioritise
your well-being and skip if needed."



AMICA.SOCIAL

JANUARY 2025

AMICA.SOCIAL

Mental Health & Metaphor Design

CONNECTING ISLANDS OF THEORY
& THINKING

