



Terms and Conditions

Effective Date: 4 January 2025

Welcome to MindEase. By accessing or using our website, you agree to be bound by these Terms and Conditions. Please read them carefully before using our services. If you do not agree to these terms, discontinue use immediately.

1. Acceptance of Terms

These Terms and Conditions govern your use of MindEase, including all resources, tools, and services offered. By accessing our platform, you acknowledge and agree to these terms.

2. Eligibility

MindEase is designed for university medical students aged 18 and above. By using our platform, you confirm that you meet this age requirement.

3. Use of the Platform

- You agree to use MindEase solely for personal and non-commercial purposes.
- You must not use the platform to post or distribute harmful, illegal, or offensive content.
- Any misuse of the website may result in the suspension or termination of your access.

4. Counseling Services

- Counseling sessions are provided by licensed professionals.
- MindEase does not guarantee specific outcomes from counseling sessions.
- You acknowledge that our services are supplementary and not a replacement for urgent or emergency medical care.

5. Intellectual Property

- All content, including text, images, and tools, is the property of MindEase.
- You may not copy, reproduce, or distribute any content without prior written permission.

6. User-Generated Content

- By submitting feedback, comments, or suggestions, you grant MindEase the right to use and display this content.



- You are solely responsible for ensuring your content does not infringe on any third-party rights.

7. Privacy and Data Protection

Your personal data is collected and processed in accordance with our Privacy Policy. By using MindEase, you consent to this data collection.

8. Limitation of Liability

- MindEase and its team are not liable for any direct, indirect, or incidental damages arising from the use of our website or services.
- We are not responsible for technical issues, data loss, or unauthorized access to your information.

9. Third-Party Links

MindEase may include links to third-party websites for your convenience. We do not endorse or take responsibility for the content or privacy practices of these external sites.

10. Modifications to Services and Terms

- MindEase reserves the right to update or modify its services, resources, and these Terms and Conditions at any time.
- Changes will be communicated via updates on the website. Continued use of the platform after changes signifies your acceptance of the updated terms.

11. Termination

We reserve the right to terminate or restrict your access to MindEase at our sole discretion if you violate these Terms and Conditions.

12. Governing Law and Dispute Resolution

- These Terms and Conditions are governed by the laws of [Insert Jurisdiction].
- Any disputes arising from your use of MindEase will be resolved through arbitration or in the courts .

13. Contact Information

If you have any questions about these Terms and Conditions, please contact us at:

- **Email:** easemind4@gmail.com **Phone:** 011-61668173
- **Address:** Jalan Datuk Mohammad Musa, 94300 Kota Samarahan, Sarawak