

Privacy and Confidentiality Policy

At AroundWithin, we recognize the sensitivity and importance of maintaining the privacy and confidentiality of our users' personal information, especially when it comes to matters of mental health. This Privacy and Confidentiality Policy outlines how we collect, use, disclose, and protect your personal information when you use our online mental health platform, which provides group therapies, support groups, and individual counseling.

Collection of Personal Information:

- We collect personal information from you when you register an account on our platform, participate in group therapies or support groups, or engage in individual counseling sessions. This information may include your name, email address, date of birth, gender identity, contact information, and any other information you choose to share with us.
- We may also collect information about your interactions with our platform, including your usage patterns, session logs, and device information.

Use of Personal Information:

- We use your personal information to provide you with access to our platform and its services, including group therapies, support groups, and individual counseling sessions.
- Your information may be used to personalize your experience on our platform and to communicate with you about our services, updates, and relevant information.
- We may use aggregated and anonymized data for research and analytical purposes to improve our services and better understand mental health trends and needs.

Disclosure of Personal Information:

- We do not sell, trade, or rent your personal information to third parties.
- We may share your personal information with authorized third-party service providers who assist us in operating our platform and delivering our services. These service providers are contractually obligated to maintain the confidentiality and security of your information.
- We may disclose your personal information if required by law or in response to valid legal requests, such as subpoenas or court orders.

Confidentiality:

- Your privacy and confidentiality are of utmost importance to us. All interactions, communications, and information shared within group therapies, support groups, and individual counseling sessions are treated with the strictest confidence.
- Our therapists and moderators are bound by professional ethical standards and legal obligations to maintain the confidentiality of your information.
- However, it's important to note that while we take every precaution to protect your information, no method of transmission over the internet or electronic storage is completely secure. Therefore, we cannot guarantee absolute security.

Data Retention:

- We retain your personal information only for as long as necessary to fulfill the purposes outlined in this Privacy and Confidentiality Policy, unless a longer retention period is required or permitted by law.

Your Choices and Rights:

- You have the right to access, update, or delete your personal information. You can do this by accessing your account settings or contacting us directly.
- You have the right to withdraw your consent to our processing of your personal information at any time, where applicable.

Children's Privacy:

- Our platform is not intended for use by individuals under the age of 18. We do not knowingly collect personal information from children. If you believe that we have inadvertently collected personal information from a child, please contact us immediately.

Updates to this Policy:

- We may update this Privacy and Confidentiality Policy from time to time to reflect changes in our practices or legal requirements. We will notify you of any material changes by posting the updated policy on our website or by other means of communication.
- By using our online mental health platform, you consent to the collection, use, and disclosure of your personal information as described in this Privacy and Confidentiality Policy. If you have any questions or concerns about this policy or our practices, please contact us at [Contact Information].

Effective Date: [Date]