

Helping Hands for Hoarders: Privacy Policy & Terms of Use

Welcome to Helping Hands for Hoarders. This privacy policy and terms of use explain how your data is handled, what rights you have, and the conditions under which you use this mobile application.

1. What Data We Collect

- Name, email, and phone number (for account creation and profile)
- Profile picture (optional)
- Decluttering progress, challenge completions, XP and streak data
- In-app feedback and support messages
- App usage metrics (anonymized)
- AI interaction logs (for CBT insights and journaling features)

2. How Your Data is Used

- To personalize your experience (profile, tips, progress tracking)
- To store your goals, streaks, and decluttering journey securely
- To help you track your progress and gain motivation
- For internal analysis to improve the app experience
- To send optional reminders and motivational notifications

3. Data Sharing and Storage

- Your data is stored securely in Firebase and is not shared with third parties.
- We do not sell your data. You have full control over your account.
- You may request deletion of your account and all data at any time.

4. AI & GPT-Based Features

- This app uses AI to generate journaling prompts and CBT insights.
- AI-generated content is stored only when saved explicitly by you.
- Prompts and responses are reviewed solely by you unless shared with support.

5. Terms of Use

- This app is for personal support and motivational use only.
- It does not replace medical or therapeutic advice.

- Do not use the app for any illegal, harmful, or inappropriate behavior.

6. Your Responsibilities

- Use the app respectfully and avoid uploading inappropriate content.
- Maintain confidentiality if you see community posts from other users.
- Contact support if any issues arise or you need help with your data.

7. Contact & Support

If you have questions or concerns, please email us at: support@hoardingapp.com

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