

IMPORTANT NOTICE SHOWN TO PARTICIPANTS DURING THE INTRODUCTION TO THE BE MINDFUL ONLINE COURSE

Is this course right for you?

Mindfulness encourages us to relate to things as they are, rather than how we want or expect them to be. This may involve relating with difficult feelings and issues.

It is not a good time for you to do this course:

- If you are currently suffering from severe depression.
- If you are going through major changes or upheavals eg. job loss, bereavement, moving house, relationship break-up. It is best to do the course at a time when your life is relatively stable.
- If you are too busy to engage with the course fully. During this course you will be asked to practice mindfulness in your daily life. It will only be of benefit if you are able to put in some time and commitment over the next four weeks.

This online course should not be considered a treatment for serious psychological conditions. You participate in the online course entirely at your own risk. You are entirely responsible for any risks relative to the utilization, results or performance of the course.

FURTHER CONDITIONS OF PARTICIPATION

Personal information and privacy

You give your consent for us to store your personal information about your participation in the online course. Information you enter during the course may be aggregated and used for research purposes. We will not make any personally identifiable information about you, available to any other party unless we are required to do so by law.

At any time, you can opt-out of receiving emails or any other communication from us. In addition you can have us delete your personal information from our database.

Your personal information is held on a server situated in the United Kingdom and complies with UK data protection laws. We have security measures in place to protect our databases and access to these are restricted internally.

Intellectual Property

You acknowledge that all copyright, trade marks, and other intellectual property rights in and relating to Be Mindful Online are owned by Wellmind Media and the Mental Health Foundation and you may only use them with their consent.

[] Please tick this box to agree to these conditions of participation.