

Medical Advice Disclaimer



1. Educational Purpose Only

The content provided by Mindshift 4 Life—whether through training sessions, workshops, website materials, or social media—is intended for educational and informational purposes only. It is not a substitute for professional medical, psychological, or psychiatric advice, diagnosis, or treatment.

2. No Clinical Services

Mindshift 4 Life offers no clinical services apart from counselling, and only when explicitly engaged to provide such service. Mental Health First Aid training is designed to equip individuals with basic skills to support others in a mental health crisis and guide them toward appropriate professional help.

3. Seek Professional Help

Participants and website visitors are strongly encouraged to seek advice from qualified health professionals regarding any personal mental health concerns. If you or someone you know is in crisis, please contact:

- Lifeline Australia: 13 11 14
- Beyond Blue: 1300 22 4636
- Emergency Services: 000 (Australia)

4. No Liability for Health Outcomes

Mindshift 4 Life is not liable for any decisions, actions, or outcomes resulting from the use or interpretation of information provided during training or on our platforms. All participants are responsible for their own health and wellbeing and for seeking appropriate support when needed.

5. Accuracy & Updates

While we strive to provide accurate and up-to-date information, mental health knowledge and best practices evolve. Mindshift 4 Life does not guarantee that all content reflects the latest clinical guidelines or research.