DISCLAIMER

1. Nature of the Self-Help Program

This Self-Help Program is intended as a tool for self-reflection, personal development, and gaining greater insight.

The Self-Help Program is **not psychological treatment, therapy, diagnosis, or medical care** and does not replace professional care provided by a BIG-registered healthcare professional, psychologist, psychiatrist, or physician.

No diagnoses are made, and no medical or psychiatric advice is provided.

2. Personal Responsibility

The Participant remains solely responsible at all times for their own mental and physical health, choices, and actions.

The Self-Help Program is supportive in nature and requires a certain level of stability and self-regulation.

3. Not Intended for Crisis Situations

This Self-Help Program is **not suitable for individuals experiencing an acute psychological crisis**, including but not limited to:

- Suicidal thoughts with intent or a plan
- Severe psychological dysregulation
- Psychosis
- An acute lack of safety

In the event of a crisis, you are strongly advised to contact:

- Your own treating professional
- Your general practitioner (GP)
- Or, in the Netherlands: **113 (Suicide Prevention)**; in Belgium: **1813**; or the relevant crisis services in your own country.

4. Complementary Nature

If the Participant is currently receiving treatment from a healthcare professional, they are advised to discuss participation in this Self-Help Program with their treating professional.

This Self-Help Program may serve as a complementary resource, but it is not a substitute for regular mental healthcare.

5. Results

Although the Self-Help Program has been carefully developed, no guarantees can be given regarding specific results.

Outcomes may depend on the Participant's personal commitment, circumstances, and individual situation.

6. Limitation of Liability

The Provider is not liable for any direct or indirect damage arising from the use of the Self-Help Program or the application of its content, unless such damage results from willful misconduct or gross negligence.

The Participant acknowledges that participation is entirely voluntary.