

Medical Disclaimer

This website does not provide medical advice and is for information and educational purposes only

The SEJ is the trading name of all the following named websites and when we refer to the SEJ we are referring to all websites, products, training, consultations, books, and services offered by the SEJ.

Medical Disclaimer: The SEJ and all its services.

Please Note – When we reference Be Depression Free within this document, we are also referring to The SEJ (Self Empowerment Journey) which is the trading name of this process. All content, training, consultations, services and media on the Be Depression Free website (www.bedepressionfree.co.uk) and the Self-Empowerment Journey website (www.thesej.co.uk), and www.jacquelinemaryphillip.com, www.personalempowerment.me.uk www.staymentallyhealthy.org.uk www.thesejeducation.org.uk plus other websites owned by the SEJ including Social Media posts is created and published online for informational purposes only. It is not intended to be a substitute for professional medical advice and should not be relied on as health or personal advice.

All information, services, training, content is provided for information and educational purposes only and is not a substitute for medical advice.

Always seek the guidance of your doctor or other qualified health professional with any questions you may have regarding your health or a medical condition. You must consult a medical professional or healthcare provider if you are seeking medical advice, diagnoses, or treatment.

Never disregard the advice of a medical professional, or delay in seeking it because of something you have read on any of our Websites/social media, training, consultations, product, book or services.

If you think you may have a medical emergency, call your doctor, go to the nearest hospital emergency department, or call the emergency services immediately. If you choose to rely on any information provided by Be Depression Free, or all other SEJ owned websites, you do so solely at your own risk.

External (outbound) links to other websites or educational material (For example PDF's) that are not explicitly created by Be Depression Free or The SEJ services/websites are followed at your own risk. Under no circumstances is any of the websites or services owned by the SEJ responsible for the claims of third-party websites or educational providers. If you wish to seek clarification on the above matters, please don't hesitate to get in touch with The SEJ. You can contact us via the Contact Page on our Websites or via email at enquiries@thesej.co.uk.

Your continued access or use of the Sites is your acceptance of the foregoing Terms and Conditions in their entirety.

Contact

If you have any questions regarding this Medical Disclaimer, these questions may be directed to: enquiries@thesej.co.uk

This document was last updated on 22nd June 2023