Copyright and Permissions

All content published by the Self Empowerment Foundation, Stay Mentally Healthy, also known as SMH and Become Your Own Therapist is protected by copyright.

This includes journals, items from Amazon Publications (books and multimedia), content from our eLearning Members Areas, events, workshops, public education materials (advertising and information leaflets) and all of our website content. If you want to reproduce any of this content, we are usually happy to give permission, though in many cases, we will charge a fee.

Where express permission has been given to download materials, e.g. in the member's areas, no additional permission is required.

Use of our information (leaflets) and other advertising content from our website

Any known advertising or promotional information may be downloaded, printed out, photocopied and distributed free of charge as long as the Self Empowerment Foundation, Stay Mentally Healthy or Become Your Own Therapist is properly credited and no profit is gained from its use.

Permission to reproduce it in any other way must be obtained from us by email to enquiries@selfempowermentfoundation.org.uk. We do not allow the reposting of this content on other sites but allow them to be linked directly to our website; please obtain permission first.

Permission requests for anything else on the SMH, Self Empowerment Foundation, and Become Your Own Therapist websites – including newsletters and reports— should be sent to enquiries@selfempowermentfoundation.org.uk.

Please include details of the content you wish to use and the manner in which it is to be used.

Use of journal and book content

If you wish to reproduce content, articles including general rights, permissions, and licensing enquiries please contact: Mary Phillip at enquiries@selfempowermentfoundation.org.uk