



## Terms and Conditions for ADHD MINDS

By accessing and using this website, you agree to comply with the following terms and conditions.

### 1. Purpose of the Website

ADHD MINDS is a support platform aimed at providing resources, information, and a community space for parents with ADHD and those raising children with ADHD. We offer a platform for sharing stories and raising awareness but do not provide medical or therapeutic services.

### 2. Content Disclaimer

All content provided on ADHD MINDS, including user-submitted stories and blog posts, is for informational and community purposes only. We do not offer medical, legal, or professional advice, and content should not be used as a substitute for professional guidance. Always consult qualified professionals for advice on medical or health-related matters.

### 3. User-Submitted Content

If you choose to submit content (e.g., stories or feedback), you agree to:

Only share content that you own or have permission to share.

Allow ADHD MINDS to publish your story on our website and social media channels (anonymously, if preferred).

Acknowledge that ADHD MINDS reserves the right to edit or remove content that violates these terms or is inappropriate for the community.

### 4. Privacy and Data Collection

Please refer to our Privacy Policy to understand what data we collect, how it's used, and your rights regarding data privacy.

### 5. Community Conduct

To foster a supportive environment, we ask that all users:

Interact respectfully and courteously.

Avoid sharing offensive, discriminatory, or inappropriate content.

Refrain from spamming or disruptive behavior.

We reserve the right to moderate and, if necessary, remove content or restrict access to users who do not follow these guidelines.

## **6. Intellectual Property**

All content, graphics, and other materials on ADHD MINDS are protected by copyright and may not be reproduced without permission. User-submitted stories and feedback remain the intellectual property of the users, but by submitting content, users grant ADHD MINDS the right to use it for website and social media purposes.

## **7. Limitation of Liability**

ADHD MINDS is not liable for any direct or indirect damages arising from the use or inability to use the website, including reliance on any information provided. Use of this site is at your own risk.

## **8. Changes to Terms**

We may update these Terms and Conditions from time to time. By continuing to use the website after changes are posted, you accept the new terms.

## **9. Contact Us**

For questions about these Terms and Conditions, please contact us at [hello@adhd-minds.com](mailto:hello@adhd-minds.com)

**Last Updated: 8 November 2024**