

LET'S LIVE DISCLAIMER

LET'S LIVE is a Non-Profit Organization for Advocacy & Awareness and does not provide treatment advice. Our contents cannot and does not constitute medical advice. LET'S LIVE cannot be held responsible for the use of the information provided. Please always consult a trained mental health professional before making any decision regarding treatment of yourself or others.

www.letslivekerala.org is an informational site. The resources on this site are provided for informational purposes only, and should not be used to replace the specialized training and professional judgment of a mental health care professional. Use of the website constitutes an agreement by the users not to hold LET'S LIVE or any of its trustees, employees or volunteers liable or responsible for information posted on it. Changes or updates will be made periodically to information on this site. As part of this process this website may occasionally include technical inaccuracies or typographical errors.

The main purpose of www.letslivekerala.org is to offer resources and information to anyone who is interested to know about mental and emotional well-being and to inform them about the various projects and services offered by Let's Live. Your use of this website acknowledges that the information on the Website is provided "as is" for general information only. It is not intended as medical advice, and should not be relied upon as a substitute for consultations with qualified health professionals who are familiar with your individual medical or mental health needs. There is no direct access to mental health through this website.

Self-help information and information from the Internet is useful, but it is not a substitute for professional assistance. Please seek professional help immediately:

- if you have thoughts of killing (or otherwise harming) yourself or others;
- if you are gravely disabled (unable to care for yourself);
- if you are abusing substances;
- Or if you or someone else is in any danger of harm.

For those who suffer from Severe Mental Illnesses, we strongly recommend you to visit your nearest Mental Health Centre or a qualified psychiatrist and get immediate care and treatment. We cannot, and will not, be assuming the role of your physician or therapist. If you are in need of help, please contact a Crisis Clinic or a qualified mental health care provider.