



Calmify Health & Safety Information

Mindfulness is a helpful and scientifically evidenced way of supporting wellbeing and is a safe practice for most people, including those with mental health issues, with certain exceptions, as long as some simple cautions are observed.

Supportive guided practices are offered to help to sustain and nurture attendees as well as to provide a social / communal network of people who either teach, or are training to teach, mindfulness, and those who wish to learn or who simply enjoy taking part. We hope that these practices may also support, motivate and inspire you in your daily practice.

It should be noted that these mindfulness sessions are not offered as a therapy. Participants should take responsibility for themselves at all times. Those who have received, or are currently receiving help from a member of a mental health team for a serious condition, or addiction, should note that mindfulness sessions are not a therapeutic treatment.

We do not wish to preclude anyone from learning / participating in mindfulness but, if you have, or have had any mental health condition, a low emotional state or have serious suicidal thoughts, for your safety, you must consult your mental health provider or doctor before taking part.

Similarly, please seek medical advice before taking part if you have any serious physical health challenges, including epilepsy or breathing difficulty, which is not medically controlled.