Disclaimers regarding Social Pods LLC

Last Updated: September 10, 2022

Social Pods LLC. ("Company") makes the following disclaimers related to any Social Pods groups or any materials sold, or any other services offered for charge or without charge by Company, a link to which may be provided on our website or mobile application:

- 1. The information provided in Social Pods does not constitute the provision of medical or other professional health care treatment services, nor does it constitute the practice of medicine or other professional health care services.
- 2. No client/therapist relationship is formed by attending any Social Pods groups or interactions.
- 3. The Social Pods services are intended and only suitable for individuals 18 years of age and older.
- 4. The information provided in Social Pods is not intended to serve as medical or other professional health care advice and is not intended to be used for diagnosis or treatment of any condition or symptom.
- 5. You should never disregard professional advice or delay in seeking treatment based on the information contained in Social Pods.
- 6. Social Pods are not intended to be a substitute for therapy. Each person has unique needs, and Social Pods cannot take these individual differences into account. You should consult your physician or other qualified health care provider regarding any specific questions you may have.
- 7. Social Pods are not based on a personalized assessment, treatment planning, pacing, and safety precautions that would be provided in therapy.
- 8. You should stop attending the Social Pods groups or take any other services and consult with a therapist at any time if you feel overwhelmed or feel that your mental health or ability to keep yourself or others safe is at risk. Social Pods do not provide emergency or crisis support. A non-comprehensive list of resources is included below:
 - o Emergency Services: Dial 911
 - National Suicide Prevention Lifeline Telephone: 1-800-273-TALK (8255)
 Website: www.suicidepreventionlifeline.org

Information on this Site is Not Professional Advice

All data, information, text, graphics, links, and other material on Social Pods LLC.'s ("Company") website and mobile application ("Site") are provided as a convenience to Site visitors and customers. The information provided on this Site is for general informational and educational purposes only. The information provided on this Site is not intended to serve as medical, psychiatric, or other professional advice and is not to be used for diagnosis or treatment

of any condition or symptom. Information provided on this Site does not constitute the provision or practice of medical, psychiatric or professional health care advice or services.

You should consult your physician, psychiatrist or other qualified health care provider regarding any specific questions you may have. You should never disregard professional advice or delay in seeking treatment based on the information contained on this Site or other sites linked to or from it.