

WEBSITE TERMS & MENTAL HEALTH DISCLAIMER

Alternative Pride Wellness, LLC

Website: AlternativePrideWellness.com | Effective Date: October 10, 2026

These Website Terms & Mental Health Disclaimer govern use of the public Alternative Pride Wellness website and its educational content. By accessing or using the website, you acknowledge these terms. If you do not agree with them, please discontinue use of the website.

Important: Website articles, Weekly Wellness materials, social-media content, worksheets, coping tools, quizzes, downloads, and other public resources are educational information. They are not psychotherapy, diagnosis, individualized treatment, medical advice, or emergency care.

1. EDUCATIONAL PURPOSE

Alternative Pride Wellness may publish educational information about mental health, emotions, coping skills, relationships, identity, neurodivergence, anxiety, depression, trauma, self-esteem, boundaries, communication, LGBTQ+ experiences, alternative lifestyles, and related wellness topics.

This material is intended for general education and self-reflection. It cannot account for your individual history, diagnosis, medications, physical health, safety needs, relationships, environment, or other circumstances that may affect what is appropriate for you.

2. NO THERAPIST-CLIENT RELATIONSHIP

Visiting this website, reading or downloading resources, subscribing to updates, following Alternative Pride Wellness on social media, sending an email, or submitting a website contact form **does not create a therapist-client relationship** with Monica Rose, LMSW or Alternative Pride Wellness, LLC.

A therapist-client relationship begins only after appropriate intake and eligibility procedures have been completed, the Practice has agreed to provide services, required consents and policies have been addressed, and a professional treatment relationship has been established.

3. NOT INDIVIDUALIZED MENTAL HEALTH OR MEDICAL ADVICE

Public website content should not be used as a substitute for individualized assessment, diagnosis, psychotherapy, medical care, psychiatric care, medication management, or advice from a qualified professional who understands your circumstances.

Do not delay or discontinue appropriate professional care solely because of information found on this website.

4. CRISIS & EMERGENCY DISCLAIMER

AlternativePrideWellness.com is not an emergency or crisis service and is not continuously monitored.

If you are in immediate danger, believe you may seriously harm yourself or another person, or require immediate intervention, call **911** or go to the nearest emergency department. In the United States, you may also call or text **988** for the Suicide & Crisis Lifeline.

Do not rely on website forms, email, social media, direct messages, comments, voicemail, or other ordinary Practice communications for urgent or emergency assistance.

5. ELIGIBILITY & LOCATION OF THERAPY SERVICES

Information on the website about psychotherapy services does not mean that Alternative Pride Wellness can legally or clinically provide services to every visitor.

Telehealth services may only be provided when the therapist is legally authorized to practice where the client is physically located and when the client's needs are appropriate for the services offered. Availability, insurance participation, clinical appropriateness, and other requirements may also affect whether services can be established.

6. NO GUARANTEE OF RESULTS

Mental health experiences and treatment outcomes vary. Alternative Pride Wellness does not guarantee that using a coping skill, worksheet, educational resource, therapeutic concept, or other website material will produce a particular result.

Examples, exercises, and strategies are offered for education and may not be appropriate for every person or situation.

7. WEEKLY WELLNESS & DOWNLOADABLE RESOURCES

Weekly Wellness articles, handouts, worksheets, challenges, reflection prompts, coping exercises, and similar resources are intended to support education and self-reflection.

These materials are not designed to independently assess suicide risk, determine a diagnosis, establish a treatment plan, resolve an emergency, or determine whether a particular intervention is safe or appropriate for an individual.

8. PUBLIC CONTENT ABOUT LGBTQ+, KINK, POLYAMORY & ALTERNATIVE LIFESTYLES

Alternative Pride Wellness provides affirming educational content for LGBTQ+, queer, transgender and gender-diverse, neurodivergent, kinky/BDSM, polyamorous/ENM, and other communities and relationship structures.

Educational discussion of identity, sexuality, relationships, consent, or alternative lifestyles does not constitute individualized clinical, legal, medical, or sexual-health advice. Content addressing consensual adult identities or relationship structures is not intended to characterize those identities or structures as inherently pathological.

9. INFORMATIONAL ACCURACY & UPDATES

Alternative Pride Wellness makes reasonable efforts to provide useful and responsible information, but mental health research, professional guidance, laws, regulations, resources, insurance information, and external websites can change.

The Practice does not warrant that every public page or resource will always be complete, current, error-free, or appropriate for every circumstance. Publication dates and revision dates may be used where helpful.

10. THIRD-PARTY LINKS & RESOURCES

The website may link to articles, organizations, crisis resources, directories, videos, research, social-media platforms, scheduling or billing systems, and other third-party websites.

Links are provided for convenience or education and do not necessarily constitute endorsement of every statement, service, product, policy, or practice of the third party. Alternative Pride Wellness does not control third-party websites and is not responsible for their content, availability, privacy practices, or security.

11. WEBSITE COMMUNICATIONS

Website contact forms and general email may be used to request information or initiate contact but should not be used to transmit unnecessary sensitive clinical information.

Submitting an inquiry does not guarantee acceptance as a client, availability of an appointment, insurance coverage, or a response within a particular period.

12. PRIVACY

Use of the public website is also subject to the Alternative Pride Wellness Website Privacy Policy. If you become a client, protected health information associated with your care is addressed separately by the Practice's Notice of Privacy Practices and other applicable clinical privacy requirements.

13. INTELLECTUAL PROPERTY

Unless otherwise indicated, original text, graphics, branding, handouts, worksheets, and educational materials created by Alternative Pride Wellness are owned by or licensed to Alternative Pride Wellness, LLC and are protected by applicable intellectual-property laws.

You may view or download materials made available for your personal, noncommercial use. You may not reproduce, sell, republish, remove attribution from, substantially redistribute, or represent Practice-created material as your own without permission, except where applicable law allows otherwise.

14. ACCEPTABLE WEBSITE USE

You agree not to misuse the website, attempt unauthorized access, interfere with website security or operation, transmit malicious code, impersonate another person, use website features for harassment or unlawful activity, or collect information from the website through prohibited automated means.

Alternative Pride Wellness may restrict access to website features when reasonably necessary to protect the Practice, visitors, systems, or others.

15. TESTIMONIALS, REVIEWS & EXAMPLES

If educational examples or hypothetical scenarios appear on the website, they should not be assumed to describe an actual client unless clearly stated otherwise and appropriately authorized.

Any testimonial or review, if displayed, reflects an individual's experience and does not guarantee that another person will have the same outcome. Alternative Pride Wellness will not publicly confirm that a reviewer or social-media user is or was a client.

16. LIMITATION OF WEBSITE RESPONSIBILITY

To the extent permitted by applicable law, Alternative Pride Wellness provides the public website and general educational materials without a guarantee that they will meet every visitor's needs or prevent harm arising from circumstances beyond the Practice's reasonable control.

Nothing in these terms is intended to waive rights or responsibilities that cannot lawfully be waived, limit professional duties owed within an established therapist-client relationship, or override applicable consumer-protection, health-care, privacy, licensing, or other laws.

17. CHANGES TO WEBSITE OR TERMS

Alternative Pride Wellness may modify website content, features, resources, links, or these terms as the Practice, technology, professional guidance, or legal requirements change.

The current version should be posted on the website with an effective or revision date. Continued use of the public website after an update is subject to the then-current terms to the extent permitted by law.

18. GOVERNING REQUIREMENTS

These terms are intended to operate consistently with applicable federal and state law and the professional obligations governing Alternative Pride Wellness. Nothing on the website expands the therapist's authority to practice in a jurisdiction where she is not legally authorized to provide professional services.

19. CONTACT

Questions about these Website Terms & Mental Health Disclaimer may be directed to:

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Practice review note: This document is a practice-specific draft for a therapist's public website. Before publication, it should be reviewed for consistency with the actual website content and features, Michigan professional requirements, jurisdictions in which services are offered, applicable consumer and privacy law, malpractice/risk-management guidance, and the Practice's current policies. Website terms do not replace clinical informed consent, the HIPAA Notice of Privacy Practices, or other required client documents.