

Terms and Conditions of Website Use

Last updated: October 2025

Welcome to **Mind Muscle UK, a part of What Works Psychology Ltd** (“we”, “us”, “our”). These Terms and Conditions (“Terms”) explain how you may use our website, **www.mindmuscleuk.com** (“the Site”), and any services, information, or resources provided through it.

By using this Site, you agree to these Terms. If you do not agree, please do not use the Site.

Website Content and Professional Services Disclaimer

What Works Psychology Ltd offers a range of specialist psychological services to **adults, young people, their families, and businesses**.

All other content on this Website is provided for **general information purposes only**. It is **not intended to replace the advice of qualified health professionals**.

If you are concerned about the **mental health or wellbeing** of yourself, a child, or a young person, you should **always seek help from a qualified health professional**.

For medical emergencies, please refer to the NHS urgent help resources, which are available **24 hours a day, 7 days a week**.

1. About Us

What Works Psychology Ltd is a company registered in England and Wales.

Company name: What Works Psychology Ltd

Email: contact@whatworkspychology.co.uk

We provide psychological assessment and therapy services, professional consultation, training, and digital educational materials.

2. Use of This Website

You agree to use this website only for lawful purposes and in a way that does not infringe the rights of, restrict, or inhibit anyone else’s use and enjoyment of the Site.

You must not:

- use this Site in any way that causes or may cause damage to the website or impairment of its availability or accessibility;
- use the Site to copy, store, host, transmit, send, or distribute any harmful or offensive material;
- attempt to gain unauthorised access to any part of the Site or its systems.

We reserve the right to suspend or withdraw the Site at any time without notice.

3. Professional and Clinical Services

Our therapy and psychological services are provided only by qualified professionals registered with the relevant UK professional bodies.

By contacting us for psychological services, you acknowledge that:

- Services are provided under separate clinical terms and agreements, which will be discussed and agreed with you directly before therapy begins.
 - Website content is for **general informational purposes only** and should not be taken as a substitute for professional advice, diagnosis, or treatment.
 - If you are in crisis or need immediate help, please contact your GP, NHS 111, or emergency services.
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4. Digital Resources and Downloads

From time to time, we may offer downloadable content such as eBooks, PDFs, or online courses.

- These materials are for **personal use only** and may not be copied, distributed, resold, or shared without our written permission.
 - We make reasonable efforts to ensure accuracy and quality but cannot guarantee that all materials are free from errors or up to date.
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5. Intellectual Property

All content on this Site, including text, images, graphics, logos, downloads, and layout design, is owned by or licensed to What Works Psychology Ltd.

You may view and print pages from the Site for personal, non-commercial use only. You must not reproduce, republish, or use any part of this Site's content for commercial purposes without our express written consent.

6. Third-Party Links

Our Site may contain links to external websites or resources. These are provided for your convenience and do not signify that we endorse those websites.

We are not responsible for the content, accuracy, or privacy practices of any third-party sites.

7. Data Protection and Privacy

Your privacy is important to us. We handle all personal data in line with UK data protection law (UK GDPR and Data Protection Act 2018).

For details about how we collect, store, and use your personal data, please read our **Privacy Notice**:

[What Works Psychology Privacy Notice \(2025\)](#)

8. Limitation of Liability

We make reasonable efforts to keep this Site up to date, but we do not guarantee that it will always be accurate, complete, or available.

To the fullest extent permitted by law, What Works Psychology Ltd will not be liable for any loss, damage, or inconvenience arising from the use of this Site or reliance on its information.

Nothing in these Terms excludes or limits our liability for death or personal injury caused by negligence, fraud, or any liability that cannot be excluded under UK law.

9. Changes to These Terms

We may update or amend these Terms from time to time. The updated version will be posted on this page with the new effective date. Continued use of the Site after any changes means you accept the revised Terms.

10. Governing Law

These Terms are governed by and interpreted in accordance with the laws of England and Wales. Any disputes will be subject to the exclusive jurisdiction of the courts of England and Wales.

Contact Us

If you have any questions about these Terms, please contact us at:

contact@whatworkspychology.co.uk
