



Wellness Café Disclaimers



Disclaimer #1: Compass-Mind promotes mental fitness & well-being but does *not* provide professional mental-health support.

We provide a supportive space led by a team of academics who collaborate with mental health professionals. While we do not offer therapy here, we are here to help you explore mental fitness and resilience.

Disclaimer #2: Sometimes sensitive topics are shared in the group. Sharing adds value to your experience, however, please share only what feels comfortable for you. Let's approach each other's stories with kindness, empathy and an open mind, respecting the emotional boundaries and sensitivities of others. Be mindful with *your* resources, needs and boundaries.

Disclaimer #3: Other resources. Emotional responses are natural, and it's okay to feel triggered. If anything feels overwhelming, know that you're not alone – resources and support are available to help you.

If you need immediate help, please call the 144, or visit the UPK walk-in clinic (Mon-Fri 8-16, upk.ch). You can also call the 143 helpline at 0800 143 000.