

BAHALI DISCLAIMER

The information, tools, worksheets, and resources provided by **Bahali** are intended for **educational and supportive purposes only**. They are not a substitute for professional mental health care, medical treatment, counseling, or emergency services.

Bahali does not diagnose mental health conditions, provide individualized therapy, or offer crisis intervention. Emotional well-being tools—such as grounding exercises, coping guides, and community support materials—are designed to offer general guidance and comfort, not clinical treatment.

If you are experiencing a mental health emergency, feeling unsafe, or concerned about someone's immediate well-being, please contact your local emergency number, crisis hotline, or seek professional support right away.

By using Bahali's website and materials, you agree that any actions you take based on this information are at your discretion and responsibility. Bahali is not liable for any outcomes resulting from the use or misuse of its resources.

If you need personalized emotional or mental health assistance, please consult a licensed professional or contact appropriate support services in your community.