

Systarah Services

Connect, Empower, Inspire

ABN: 736 515 541 36

Web: www.systarah.com.au

Contact: Helen Munn

Email: systarah@outlook.com

Website: Terms of Use

Terms of Use

Your use of this website is governed by the following terms and conditions (Terms of Use). By accessing the Systarah Services website, you agree to these terms and conditions.

Purpose of the Website

This website has been established primarily to provide an overview of Systarah Services. These services do not include crisis or one to one personal mental health or suicide prevention support. Any resources or information on the site related to mental health concerns or suicidality is not a substitution for professional medical advice, diagnosis and treatment. The information is provided in good faith on an 'as is' basis: it is believed to be accurate at the date the information was included on the website.

General Disclaimer:

Users must accept this disclaimer to use the website. Systarah Services endeavour to prioritise evidence informed resources, services and research; however, we know scientific research keeps moving forward. Therefore, the information provided is only intended for educational or informational purposes, and users are asked to take personal responsibility. Systarah Services are not liable for your use of content on the site, or your decisions using the site, and they are not held accountable for content accessed through links to other websites. Systarah Services do not provide medical or clinical advice or services, so any medical content on the site is for informational purposes only, and not to be construed as medical advice. There is some content on the site related to mental health concerns and suicide, so please be mindful of your own self-care. If you or someone you know is ever in distress, please reach out for help. In Australia, ring Lifeline on 13 11 14 or 000 in an emergency.

Privacy:

By agreeing with these Terms of Use, you also agree to Systarah Services [Privacy Policy](#) and Privacy Collection Statements.

Copyright

The content on the website is Systarah Services' own copyright or is used under licence. All rights are reserved. Your access to this Website permits you to download, store, display, print or make a single copy of the material stored on this Website (in its unaltered form): this is only for your personal and non-commercial use only. The exception is the Client Enquiry Form that is used for commercial purposes and all information received will fall under Systarah Services [Privacy Policy](#). Except for these purposes, and for the purposes of and subject to the conditions prescribed under the Copyright Act 1968 (Cth) (or any similar statute that applies in your jurisdiction), you may not, in any form or by any means:

- adapt, reproduce, store, distribute, transmit, print, display, perform, publish or create derivative works from any part of this Website.
- commercialise any information, products or services on any part of this Website, without our written permission.
- If you wish to make any other use of the material on this Website, you must obtain our permission before doing so.

Helplines:

Systarah Services DO NOT provide crisis or other one to one personal support. Please reach out for help if you or someone you know is in distress.

<i>Lifeline</i>	<i>13 11 14</i>
<i>Suicide Call Back Service</i>	<i>1300 659 467</i>
<i>13YARN for Aboriginal and Torres Strait Islander peoples</i>	<i>13 92 76</i>
<i>Menslines</i>	<i>1300 789 978</i>
<i>Parentline</i>	<i>1300 301 300</i>
<i>1800Respect for those experiencing domestic and family violence or sexual assault</i>	<i>1800737732</i>
<i>Queensland Health 24 hour Mental Health Line</i>	<i>1300 642 255</i>
<i>Emergencies</i>	<i>000</i>