

Terms & Conditions for Anxiety NZ on Thinkific

Anxiety NZ offers self-directed online courses and digital products aimed at improving mental wellbeing, empowering people and whānau living with anxiety and other mental health experiences, and providing practical tools and resources. By purchasing or enrolling in our courses through Thinkific, you agree to the following terms and conditions.

Purpose and Content of Courses

Our online courses are designed to:

- Provide education and strategies on anxiety management and mental health support.
- Equip learners with resources, tools, and knowledge from mental health professionals and individuals with lived experience.
- Include downloadable materials, instructional videos, and interactive content to support your learning journey.

These courses are designed for:

- Individuals seeking to improve their mental health and wellbeing.
- Caregivers, family members, and whānau involved in supporting someone with anxiety or other mental health experiences.
- Professionals interested in mental health education and support.

Our Courses Are Not Intended For:

- Minors under 16 years old without adult supervision.
- Diagnosing medical or psychological conditions.
- Promoting external content or services that are not endorsed by Anxiety NZ.

Course Purchases and Payment

All courses and digital products are sold in New Zealand Dollars (NZD) and include Goods and Services Tax (GST). Payments are processed securely through **Stripe**,

which ensures that your financial information is protected. Anxiety NZ does not store any credit card information on our servers.

When purchasing a course, you must:

- Provide accurate billing and contact information.
- Be the authorized owner of the credit/debit card used for the transaction.

Refund Policy

Once a course is purchased, access is granted immediately, and no refunds will be provided. Most of our self-guided courses are not time-limited, allowing you to complete them at your own pace. If any courses have time limitations or completion requirements, these will be clearly stated in the course introduction.

If you experience technical issues or need assistance, please contact us at comms@anxiety.org.nz.

Email Communication and Subscriptions

By signing up for a course or purchasing a digital product, you consent to being added to our **subscriber email list**, managed through **MailerLite**. We send monthly emails that include resources, updates, and announcements. Occasionally, you may receive an extra email regarding events or special offers. You can unsubscribe at any time by clicking the link in any email or contacting us at comms@anxiety.org.nz.

Content Ownership and Copyright

All course content, including videos, downloadable materials, and other resources, is developed and owned by Anxiety NZ Trust. This content is protected by copyright, and you may not:

- Reproduce, edit, or distribute the content without our prior written consent.
- Use our content in external programs or courses without explicit permission.
- Use our logos or trademarks without authorization.

We reserve the right to modify or remove content from our platform as needed.

Privacy and Data Security

Your privacy is important to us. We collect personal information such as your name, email address, and payment details (via Stripe) when you sign up for a course or make a purchase. This information is used to manage your order, deliver course materials, and communicate with you regarding our services. For more details, please review our [Privacy Policy](#).

Disclaimer

Our courses are educational tools meant to provide guidance and support but are not a substitute for professional medical advice or treatment. If you or someone you know is experiencing a mental health crisis, please contact a qualified healthcare provider immediately.

Changes to Terms

We may update these Terms & Conditions from time to time. Any significant changes will be communicated through the email you provided or posted on our Thinkific platform. Your continued use of our services after such changes constitutes your agreement to the updated terms.

Last updated: October 2024

If you have any questions about these terms or need further assistance, please contact us at comms@anxiety.org.nz.