

MindYatra

Client Informed Consent Form

Know Your Mental Health | Psychological Wellness Assessment

Effective Date	August 12, 2026
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Please take a few minutes to read through this before you begin. It explains what this assessment is, what it isn't, and what you can expect from us. Giving your consent means you understand all of this and you're choosing to take part on your own terms.

1. What this assessment is for

The MindYatra Psychological Wellness Assessment is here to help you get a clearer picture of your emotional wellbeing — your stress points, behavioural patterns, strengths, and anything that might need a little more attention.

It's built to support self-awareness and wellbeing. It doesn't replace medical, psychiatric, or emergency mental health care.

2. What's involved

Depending on your assessment, this may include:

- A personal intake questionnaire
- Lifestyle and wellbeing information
- Your self-reported emotional experiences
- Optional expressive activities, like a drawing or voice recording
- A review by a qualified psychologist
- A personalised wellbeing report

Your report reflects what we know at the time of your assessment, and is meant to give you educational, wellbeing-focused insight not a fixed verdict.

3. What this service is not

I understand that this service:

- is not a psychological diagnosis
- is not psychotherapy or ongoing psychological treatment
- does not replace consultation with a psychiatrist, physician, or other healthcare professional
- cannot say with certainty whether a mental health disorder is present or not
- is not meant for legal, employment, insurance, disability, educational, or forensic use

4. Taking part is your choice

I understand that:

- taking part is entirely voluntary
- I can skip any question I'd rather not answer
- I can stop the assessment at any point before submitting it

5. The honesty of my answers

I understand that how useful my report turns out to be depends on how accurate and honest my answers are. I agree to share information that's true and complete, to the best of my knowledge.

6. Keeping things confidential

MindYatra respects the privacy of everyone who takes this assessment.

Whatever you share with us during this process is kept confidential and used only to provide this service, improve its quality, or meet legal requirements where applicable. We use reasonable administrative and technical safeguards to protect your personal information.

Confidentiality has its limits where the law requires disclosure, or where we believe there's a serious and immediate risk of harm to you or someone else, we may need to act on that.

7. Drawing or voice recordings, if you choose to

Adding a drawing or voice recording is entirely optional. These give us more context about your experience, and we consider them alongside everything else you share they're not used as standalone tests or diagnostic tools on their own.

8. What you might get out of this, and what it can't do

Taking this assessment can help with:

- Getting to know your emotional patterns better
- Understanding what's driving your stress
- Practical suggestions for your wellbeing
- A sense of what next steps might look like

At the same time, no assessment can promise complete certainty or capture every part of your psychological wellbeing and this one doesn't claim to either.

9. What kind of recommendations to expect

Your report may suggest things like:

- Self-help strategies
- Lifestyle changes worth considering
- Everyday wellbeing practices
- Speaking with a healthcare professional, if that seems like the right next step

These recommendations are meant to inform, not instruct the decisions about your health and wellbeing are always yours to make.

10. If you're in crisis

This isn't a service that's monitored around the clock, so please don't rely on it during a mental health crisis or emergency. If you believe you or someone else is in immediate danger, reach out to local emergency services or another appropriate crisis service right away.

11. Before you take part

By taking part, I'm confirming that:

- I'm at least 18 years old, or I have the appropriate consent from a parent or legal guardian
- I've read this document
- I've had a chance to think it over
- I understand what this service can offer, and where its limits are

12. My consent

By selecting "I Agree" and submitting this assessment, I confirm that:

- I have read and understood this Informed Consent Form.
- I understand the purpose, benefits, and limitations of this assessment.
- I understand that this service is a psychologist-led wellness assessment, and not a diagnosis or medical treatment.
- I understand that my participation is voluntary.
- I consent to my information being collected and processed for this assessment and report, in line with the applicable Privacy Policy.
- I understand that confidentiality may be limited where the law requires disclosure, or where there's a serious and immediate risk of harm.
- I understand I may receive recommendations for further professional support, if that seems appropriate.

I have read, understood, and agree to the above.

☐ I Agree