

MindYatra

Know Your Mental Health

Terms & Conditions

Effective Date	August 12, 2026
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Welcome to Know Your Mental Health, brought to you by MindYatra. Before you begin, please take a few minutes to read through this. Using the assessment means you've read this, understood it, and you're okay with it.

1. What this assessment is for

Know Your Mental Health is a wellness assessment built to help you understand yourself a little better your stress patterns, your emotional state, your everyday habits.

It combines your answers to a few questionnaires with optional extras, like a quick drawing or a voice note, to give you a personal, easy-to-read report with practical suggestions you can actually use.

Think of this as a tool for reflection and personal growth, not a clinical service.

2. What this assessment is not

To set the right expectations upfront, this is not:

- a medical examination
- a psychiatric evaluation
- a diagnosis of any mental health condition
- a prescription for medication
- a substitute for therapy, psychiatric care, medical treatment, or emergency help

Use your report as a starting point for reflection, alongside your own judgement and, where it helps, a qualified professional.

3. How the assessment is built

The questions are grounded in established research on stress, emotional wellbeing, behaviour, lifestyle, and coping.

If you choose to add a drawing or voice note, we treat that as helpful extra context, not as a standalone diagnostic test.

4. Your report is only as good as your answers

We can only work with what you give us. If your answers are incomplete or not quite accurate, we can't promise the report will reflect where you're really at.

5. Your report is a snapshot, not a label

Your report reflects how things look for you right now. People change thoughts, feelings, and circumstances shift over time so don't treat this as a permanent description of who you are.

6. Keeping your information private

Whatever you share with us is handled carefully and kept confidential, in line with applicable laws and our Privacy Policy.

We won't share your information without your permission, except when the law requires it, or when we genuinely believe someone's safety is at immediate risk.

7. When we might point you elsewhere

This assessment is meant for everyday psychological wellbeing. If your answers suggest you might need more support than we can offer here, we'll gently point you toward a qualified professional or, where relevant, emergency services.

This can include situations involving:

- thoughts of suicide or self-harm
- immediate risk of harm to yourself or someone else
- recent or ongoing physical, emotional, sexual, or domestic abuse where safety may be at risk
- violence or credible threats of violence
- severe distress that needs urgent care
- safeguarding concerns involving a child, older adult, or other vulnerable person
- anything needing medical, psychiatric, legal, or emergency attention

A referral is not a diagnosis – it simply means we think you deserve more support than this assessment can give.

8. If it's an emergency

Know Your Mental Health is not built for emergencies. If you or someone else is in immediate danger, or you need urgent medical or mental health help, please contact your local emergency services or nearest healthcare provider right away.

9. Using the platform respectfully

We ask that you don't:

- submit anything unlawful, abusive, threatening, or intentionally harmful
- pretend to be someone you're not
- try to interfere with how the platform runs or its security
- upload anything that isn't yours to share

We reserve the right to pause or stop access if we spot misuse, fraud, or anything unlawful.

10. What the report is (and isn't)

Your report is built on structured psychological principles, with professional review where relevant. It's not a certainty, a prediction, or the final word on your experiences – wellbeing is shaped by so many things (biology, environment, culture, life circumstances) that no single assessment can capture it all.

11. The limits of what we can promise

We put real care into making this assessment accurate and useful, but no assessment can fully capture something as complex as a human life. To the extent the law allows, MindYatra isn't liable for decisions or outcomes that come solely from how you interpret or act on your report.

You're in charge of your own decisions, and we'd always encourage reaching out for professional support when it makes sense to.

12. This may change over time

We might update the assessment, the report format, the questions, or these terms now and then to keep up with new research, your feedback, or legal requirements.

13. By agreeing, you're confirming that

- you've read and understood these terms
- you understand what this service can and can't do
- you're taking part by choice
- the information you share is true, to the best of your knowledge
- you understand we may point you to other support if your answers suggest you need it

I have read, understood, and agree to these Terms & Conditions.

☐ I Agree
