



Disclaimer

Muse and Minds

Last updated: February 11, 2026

The information shared on this website and blog is provided in the spirit of wellness support, education, and gentle reflection. It is not intended to replace psychological, psychiatric, or medical care, nor does it constitute diagnosis, psychotherapy, or clinical treatment.

Engaging with this content does not establish a counselling or therapeutic relationship. All services and content offered by Muse and Minds fall within a wellness counselling framework.

If you are experiencing significant emotional distress, mental health concerns, or feel at risk of harm, please seek support from a registered healthcare professional or emergency service.

In South Africa, you may contact SADAG's 24-hour Emergency Line: 0800 567 567 or 24-hour Helpline: 0800 456 789, or visit your nearest emergency room.