

Terms and Conditions

IDareTo mobile application

1. This app is not a substitute for a qualified counselor or therapist.
2. If you are already in therapy for anxiety-related concerns, you should discuss using the app with your therapist.
3. If you are unsure about the effects of using the app, or if you have concerns about your health and well-being, you should first consult your Doctor or Medical Adviser.
4. It is your responsibility to make sure that performing the challenges does not affect your career or social life negatively or violates any laws.
5. You should not rely on the material or information in this app as the basis for making any business, legal, personal, financial or other decisions.
6. You should consult an appropriate professional for specific advice.
7. Any reliance which you place on the material or information in this app is strictly at your own risk.
8. All content and graphics of this app is copyright to Järpen Development AB.
9. To the fullest extent allowed by law, Järpen Development AB accepts no liability for loss of data or interruption of self-help activities as a result of technical failure of this app, however caused.
10. Anonymous data may be collected according to the Privacy Policy.

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