Cookie Policy

Effective Date: [01/05/2025]
Last Updated: [01/05/2025]

At The Mental Health Project (https://www.thementalhealthproject.co.uk), we use cookies and similar technologies to enhance your browsing experience, analyse site traffic, and support our mission of improving mental health awareness and support.

By continuing to use our website, you consent to the use of cookies in accordance with this policy.

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1. What Are Cookies?

Cookies are small text files that are stored on your device (computer, tablet, smartphone) when you visit a website. They help websites function efficiently and provide information to the site owners.

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2. Types of Cookies We Use

We use the following types of cookies:

- **Strictly Necessary Cookies**
  These cookies are essential for the website to function and cannot be switched off. They include things like security, session management, and accessibility.

- **Performance Cookies**
  These help us understand how visitors interact with our website by collecting anonymous usage data (e.g., Google Analytics).

- **Functionality Cookies**
  These allow our website to remember choices you make (such as language preferences) to provide enhanced, personalised features.

- **Third-Party Cookies**
  We may use trusted third parties (e.g., embedded videos from YouTube, social media sharing tools) that also set cookies. Please refer to their cookie policies for more

information.

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3. Managing Your Cookie Preferences

You can manage or disable cookies through your browser settings. Most browsers allow you to:

- View which cookies are stored

- Delete cookies

- Block third-party cookies

- Block all cookies (note: this may affect website functionality)

For more information, visit www.aboutcookies.org or your browser's help section.

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4. Cookie Consent

When you first visit our website, a cookie banner will appear requesting your consent to non-essential cookies. You may change or withdraw your consent at any time.

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5. Changes to This Policy

We may update this Cookie Policy occasionally to reflect changes in technology, law, or our practices. Please review this page regularly.

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6. Contact Us

If you have any questions about our use of cookies, please contact:
Email: info@thementalhealthproject.co.uk
Postal Address: 12 St James House, 9-15 St James' Road, Surbiton KT6 4HQ