

Privacy Policy

Last updated: 2nd Sept 2025

I take your privacy seriously. This policy explains how I collect, use, and protect any personal information you provide through this website.

1. Information I Collect

When you contact me through the form on this website, I may collect the following information:

- Your name
- Your email address
- Any personal details you choose to share in your message

2. How I Use Your Information

I use the information you provide solely for the purpose of:

- Responding to your enquiry
- Communicating with you about my counselling services

I do not use your information for marketing, and I do not share it with third parties unless required by law.

3. How I Store and Protect Your Data

I take steps to ensure your personal information is stored securely and handled confidentially. This includes:

- Secure email access
- Password-protected devices

Please note that while I do my best to protect your data, no online method of transmission or storage is ever 100% secure.

4. Cookies and Tracking

At this time, this website does not use cookies, analytics, or tracking tools.

If that changes in the future, I will update this policy to reflect how cookies are used and give you options to manage them.

5. Your Rights

You have the right to:

- Access the personal data I hold about you
- Request correction of inaccurate data
- Request deletion of your personal information (where applicable)

To make a request, please contact me using the details below.

6. Contact

If you have any questions about this privacy policy or how your data is handled, you can contact me directly:

Seema Desai

Email: info@seemadesai-counselling.com