



Privacy Policy

Last Updated: 09/11/2025

Welcome to Mental Wellness Initiative! We care deeply about your privacy. This Privacy Policy explains how we collect, use, and protect your personal data when you visit our websites www.mentalwellnessinitiative.org or vault.mentalwellnessinitiative.org, participate in our programs, or use any of our services. If you disagree with any part of this policy, please don't use our services.

1. Who We Are

Mental Wellness Initiative (MWI) is a nonprofit organization offering resources, programs, community support, and educational content focused on mental wellness. We operate via our websites and membership ("Vault") portal, and other digital and in-person channels.

2. What Information We Collect

We collect different kinds of information in order to provide, improve, and personalize our services:

- **Information you provide us:**
 - Name, email address, phone number
 - Details you submit via forms — e.g. when signing up for newsletters, programs, or events
 - Account information if you register or become a member
- **Program participation data:**
 - Which programs, trainings, or courses you sign up for
 - Attendance, progress, or feedback
 - Any additional personal or wellness information you voluntarily share
- **Technical & usage data:**

- IP address, browser type, device information
 - Cookies, session identifiers, page navigation on our sites, and other tracking data
 - Error logs, diagnostics, and support data to troubleshoot issues
 - **Communications data:**
 - Emails, messages, or other communications with us
 - Preferences regarding how you like to receive communications
-

3. How We Use Your Information

We use your information for the following purposes:

- To deliver and manage programs, services, content, and membership features
 - To send you updates, news, reminders, or educational materials (if you consent or when permitted by law)
 - To improve our websites, user experience, and programs based on how people use them
 - To respond to your inquiries and provide customer support
 - To carry out legal obligations
-

4. Legal Basis & Consent

When required by applicable law (such as GDPR, UK GDPR, or other privacy/regulation laws), we process your data based on one or more of the following:

- **Consent** — you agree to our use of your data (for example signing up for our newsletter)
 - **Contractual necessity** — to fulfill obligations under a program or membership you join
 - **Legitimate interest** — for things like improving our services, maintaining security, and internal operations, as long as your rights are protected
 - **Legal obligation** — when required by law
-

5. Sharing & Disclosure

We do *not* sell your personal data. However, we may share your personal information in the following ways:

- To our trusted service providers and partners who help us deliver our services (hosting, email delivery, payments, etc.)
- To comply with laws or in response to lawful requests (e.g. court orders)
- To protect the rights, property, or safety of Mental Wellness Initiative, our users, or others

Whenever we share your data, we require that those third parties handle your data in compliance with this policy and applicable laws.

6. International Data Transfers

If your data is transferred or stored outside your country of residence, we will ensure appropriate safeguards are in place (for example, standard contractual clauses or other lawful mechanisms) to protect your data.

7. Cookies & Tracking Technologies

We use cookies, pixels, and similar technologies to collect data about how you use our websites. This helps us:

- Provide you a better, more personalized experience
- Analyze usage and performance of our websites
- Serve content and ads that are more relevant

We'll provide you with the option to accept or reject non-essential cookies (where required under applicable laws). Essential cookies (needed for site functionality) may still be used.

8. Retention of Data

We retain your personal data for as long as needed to fulfill the purposes outlined in this policy, or until you request deletion, unless a longer retention period is required or permitted by law.

After the retention period, your data will be securely deleted or anonymized.

9. Your Rights

Depending on where you live, you may have the following rights regarding your personal data:

- Right to access the data we hold about you
- Right to correct or update your personal data
- Right to delete your data ("right to be forgotten")
- Right to restrict or object to certain processing

- Right to data portability (to obtain a copy of your data in a usable format)
- Right to withdraw consent, wherever consent is the basis for processing

To exercise any of these rights, or if you have concerns, you may contact us (see Section 11).

10. Children

Our services are generally not directed at children under 18. If you are under 18, you may only use our services with involvement of a parent or guardian. We do not knowingly collect personal data from children under 18 without appropriate parental consent.

11. Security

We take data security seriously and use reasonable technical and organizational measures to protect your personal data from unauthorized access, use, alteration, or destruction. These measures include encryption, access controls, and regular security assessments.

However, no internet transmission is 100% secure. By using our services, you acknowledge that there is some risk in transmitting data online.

12. Changes to this Privacy Policy

We may update this policy occasionally to reflect changes in our practices or legal requirements. When we do, we will post the updated policy on our websites with the “Last Updated” date. If changes are material, we may also notify you via email or other communication.

13. Contact Us

If you have questions, concerns, or requests about this Privacy Policy or your personal data, please reach out:

Mental Wellness Initiative

 Email: admin@mentalwellnessinitiative.org

 Website: www.mentalwellnessinitiative.org