

Professional Disclaimer



CLIENT INFORMATION



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Health, Safeguarding, and Professional Disclaimer

The EASE Approach by Kelina Fili, herein referred to as the EASE Approach, does not offer crisis or emergency support.

If you are experiencing immediate distress, feel at risk, or need urgent medical or mental health support, please contact your GP, NHS 111, or emergency services by calling 999. If you are located outside the United Kingdom, please contact your local emergency medical or mental health services.

If you are unsure where to turn, reaching out to a trusted healthcare professional or local support service is an important first step.

The information shared on this website is for general educational and reflective purposes only. It is not intended to replace personalised dietetic, medical, or mental health advice. Engaging with this website or its content does not create a professional or therapeutic relationship. Dietetic support is only provided within a formally agreed service.

Where a therapeutic relationship has been entered into, contractual safeguarding arrangements will be communicated to the client, or where appropriate, their parent and/or guardian, in advance.

ENDS