

PRIVACY POLICY

Life Discovery Psych

Website: lifediscoverypsych.com

Last Updated: August 11, 2026

Life Discovery Psych ("Life Discovery Psych," "we," "us," or "our") respects your privacy and is committed to protecting information collected through lifediscoverypsych.com (the "Website").

This Privacy Policy explains what information we may collect when you visit or interact with the Website, how we may use and disclose that information, and the choices you may have regarding your information.

Because Life Discovery Psych provides mental-health services, including information and services related to sex therapy, some information that you voluntarily provide may be sensitive. We encourage users to carefully consider the information they submit through general Website forms and electronic communications.

This Privacy Policy applies primarily to information collected through the Website. Additional privacy protections, including those required by the Health Insurance Portability and Accountability Act ("HIPAA"), may apply to information collected or maintained as part of an established healthcare relationship.

1. Information We May Collect

Depending on how you use the Website, we may collect several categories of information.

Information You Provide

You may voluntarily provide information when you:

- Complete a contact form;
- Request an appointment or consultation;
- Communicate with Life Discovery Psych;
- Request information about our services;
- Submit information through an online scheduling system;
- Register for or participate in telehealth services;
- Complete forms or questionnaires;
- Subscribe to communications, if available; or
- Otherwise interact with Website features.

Information you provide may include:

- Name;
- Email address;
- Telephone number;
- Preferred contact information;

- Appointment preferences;
- General information regarding the services you are seeking;
- Information contained in messages you send to us; and
- Other information you voluntarily provide.

Depending on the nature of your communication, information you submit may concern mental health, relationships, sexuality, sexual health, therapy, or other sensitive subjects.

Please do not provide unnecessary medical, psychological, sexual-health, financial, or other highly sensitive information through general Website contact forms or ordinary email unless specifically requested to do so through an appropriate communication method.

2. Information Collected Automatically

When you access the Website, certain technical information may be collected automatically by the Website or by service providers that support its operation.

This information may include:

- Internet Protocol (IP) address;
- Browser type;
- Device type;
- Operating system;
- Approximate geographic location derived from an IP address;
- Referring website or page;
- Pages viewed;
- Date and time of visits;
- Time spent on Website pages;
- Website interactions;
- Device identifiers; and
- Other technical or usage information.

This information may be collected through server logs, cookies, pixels, scripts, analytics technologies, or similar mechanisms.

3. Cookies and Similar Technologies

The Website may use cookies and similar technologies to operate Website functionality, remember preferences, maintain security, understand Website usage, and improve performance.

Cookies are small data files placed on a user's device or browser.

Cookies may include:

Essential Cookies: Used for Website functionality, security, navigation, and other features necessary for operation.

Preference Cookies: Used to remember selections or preferences.

Analytics Cookies: Used to understand how visitors interact with the Website, such as which pages are visited and how Website functionality performs.

Third-Party Cookies: Certain Website integrations may permit third-party providers to place or access cookies according to their own privacy practices.

You may be able to control cookies through your browser settings or through a Website cookie-management tool, where available.

Disabling certain cookies may affect Website functionality.

4. Analytics and Tracking Technologies

Life Discovery Psych may use analytics services to understand Website traffic, performance, and general user interactions.

Because this Website concerns mental health and sex therapy, we recognize that visits to particular pages may potentially reveal sensitive interests or concerns.

We seek to use Website analytics and tracking technologies responsibly and in accordance with applicable privacy requirements.

We do not intend for general advertising or analytics technologies to receive confidential therapy communications or Protected Health Information ("PHI").

Website visitors should nevertheless understand that standard Internet technologies may collect technical information about Website visits.

5. Appointment Requests

The Website may allow visitors to request appointments, consultations, or additional information.

Information submitted through an appointment-request feature may be used to:

- Respond to the request;
- Determine provider availability;
- Contact the individual;
- Schedule or confirm an appointment;
- Determine whether requested services may be appropriate;
- Facilitate intake procedures; and
- Provide information regarding services.

Submitting an appointment request does not, by itself, establish a therapist-client or healthcare provider relationship.

If a third-party scheduling platform is used, information may also be processed by that provider subject to applicable agreements and privacy requirements.

6. Mental Health and Sex-Therapy Information

Life Discovery Psych provides information and services involving mental health, relationships, sexuality, intimacy, sexual concerns, and sex therapy.

We recognize that information associated with these subjects may be particularly sensitive.

We encourage visitors to avoid submitting detailed clinical histories, diagnoses, sexual histories, treatment information, or other highly sensitive information through general-purpose Website forms unless the form is specifically designed and appropriately secured for that purpose.

Clinical information collected as part of an established therapeutic relationship may be governed by different or additional privacy requirements.

7. Telehealth

Life Discovery Psych may provide certain professional services through telehealth technologies.

Telehealth platforms may process information necessary to facilitate remote sessions, including account information, scheduling information, technical connection information, and information exchanged during professional services.

Where required, Life Discovery Psych seeks to use telehealth technologies and service providers consistent with applicable healthcare privacy and security requirements.

Telehealth clients may receive additional privacy notices, informed-consent documents, or policies governing the use of telehealth services.

8. How We Use Information

We may use information collected through the Website to:

- Operate and maintain the Website;
- Respond to inquiries;
- Process appointment requests;
- Communicate with prospective and existing clients;
- Provide requested information;
- Facilitate professional services;
- Support telehealth functionality;
- Improve Website functionality and user experience;
- Analyze Website performance;
- Protect Website and information security;

- Detect or prevent fraud, abuse, or unauthorized activity;
- Maintain appropriate records;
- Comply with legal and regulatory obligations;
- Enforce our Terms and Conditions; and
- Protect the rights, safety, and property of Life Discovery Psych and others.

We may also use information for other purposes disclosed when the information is collected or with appropriate authorization.

9. HIPAA and Protected Health Information

Certain information created, received, maintained, or transmitted by Life Discovery Psych in connection with healthcare services may constitute Protected Health Information (“PHI”) under HIPAA or other applicable healthcare privacy laws.

Where HIPAA applies, PHI is handled according to applicable legal requirements and Life Discovery Psych's Notice of Privacy Practices.

Not all information collected through a public Website is necessarily PHI under HIPAA.

For example, general Website analytics or information collected from a person who does not have an established relationship with the practice may be subject to different privacy laws and requirements.

This Website Privacy Policy does not replace the Life Discovery Psych Notice of Privacy Practices.

If there is a conflict between this Privacy Policy and an applicable Notice of Privacy Practices regarding PHI, the Notice of Privacy Practices will govern the treatment of PHI to the extent required by applicable law.

10. How Information May Be Shared

Life Discovery Psych does not sell personal information in the ordinary meaning of selling information in exchange for money.

We may disclose information to third parties when reasonably necessary to operate the Website, provide requested services, comply with legal obligations, or protect legitimate interests.

These parties may include:

- Website hosting providers;
- Information-technology providers;
- Appointment and scheduling providers;
- Telehealth providers;
- Email and communication providers;
- Security providers;
- Analytics providers;
- Professional advisors;

- Payment processors, if applicable; and
- Other service providers supporting our operations.

Where required by applicable healthcare privacy laws, appropriate agreements and safeguards may be implemented before a service provider is permitted to handle PHI.

11. Legal Disclosures

We may disclose information when we reasonably believe disclosure is necessary or appropriate to:

- Comply with applicable law;
- Respond to a valid subpoena, court order, warrant, or other legal process;
- Cooperate with regulatory or governmental authorities;
- Protect the rights or property of Life Discovery Psych;
- Investigate fraud or security incidents;
- Protect the safety of individuals; or
- Fulfill other legal or professional obligations.

Additional rules may apply to clinical records, psychotherapy records, and other protected healthcare information.

12. Emergencies and Safety

Website forms, email, and appointment-request systems should not be used for emergency or crisis communications.

Electronic communications may not be reviewed immediately.

If information submitted to Life Discovery Psych indicates an immediate safety concern, Life Discovery Psych may take actions permitted or required by applicable law and professional obligations.

13. Third-Party Websites and Services

The Website may contain links to or integrations with third-party websites and services, including scheduling platforms, telehealth systems, payment services, maps, social networks, or informational resources.

Life Discovery Psych does not control the privacy practices of independent third parties.

When you leave the Website or interact directly with a third-party service, that provider's privacy policy and terms may apply.

We encourage users to review the privacy practices of third-party services before providing personal information.

14. Data Security

Life Discovery Psych takes reasonable administrative, technical, and organizational measures designed to protect personal information against unauthorized access, loss, misuse, alteration, or disclosure.

However, no website, electronic communication, Internet transmission, or data-storage system can be guaranteed to be completely secure.

Users should therefore exercise care when transmitting sensitive information electronically.

15. Data Retention

We may retain information for as long as reasonably necessary to fulfill the purposes for which it was collected, comply with legal and professional obligations, maintain appropriate business and clinical records, resolve disputes, enforce agreements, and protect legitimate interests.

Clinical records may be subject to specific retention requirements under federal or state law and professional licensing rules.

16. Email and Electronic Communications

Email and other ordinary electronic communications may not provide the same level of confidentiality or security as communication through a dedicated secure healthcare system.

Users should avoid sending unnecessary sensitive clinical or personal information through ordinary email.

If you initiate communication with Life Discovery Psych through email or another electronic method, we may respond using the contact information and method you provided unless another method is requested or required.

17. Children's Privacy

The Website is not designed to collect personal information directly from children through its general public-facing features without appropriate involvement of a parent, guardian, or other authorized individual where required.

Professional mental-health services involving minors may be subject to additional rules concerning parental consent, authorization, confidentiality, access to records, and minors' privacy rights.

If we learn that personal information has been collected through the general Website in a manner inconsistent with applicable law, we may take reasonable steps to address the information.

18. Your Privacy Choices

Depending on applicable law and the nature of the information involved, you may have rights concerning your personal information.

These may include the ability to request:

- Access to certain information;
- Correction of inaccurate information;
- Deletion of certain information;
- Information regarding certain disclosures; or
- Restrictions regarding certain uses of information.

These rights are not absolute and may be subject to legal, clinical, record-retention, or other exceptions.

Individuals whose information constitutes PHI may have additional rights described in the applicable Notice of Privacy Practices.

19. Do Not Track and Browser Controls

Some browsers provide “Do Not Track” or similar privacy signals.

Because standards for these technologies continue to evolve, the Website may not respond uniformly to every browser-based privacy signal.

Users may use available browser controls, cookie settings, or Website consent-management features to manage certain technologies.

Where applicable law requires recognition of particular privacy preference signals, Life Discovery Psych will seek to comply with those requirements.

20. U.S. Users and State Privacy Laws

Life Discovery Psych operates in the United States.

Depending on your state of residence and applicable law, you may have additional rights concerning personal information.

Certain state privacy laws may provide qualifying residents with rights to access, correct, delete, obtain copies of, or restrict certain uses of personal information.

The availability and scope of these rights depend upon the applicable law and whether the law applies to Life Discovery Psych and the particular information involved.

Healthcare information subject to HIPAA or other healthcare-specific privacy laws may be treated differently under state consumer privacy laws.

21. International Visitors

The Website is primarily intended for users in the United States.

If you access the Website from another country, information you submit may be transferred to and processed in the United States, where privacy laws may differ from those in your jurisdiction.

Accessing the Website from outside the United States does not mean that Life Discovery Psych offers professional services in your jurisdiction.

22. Business Transfers

If Life Discovery Psych undergoes a merger, acquisition, restructuring, sale of assets, or similar business transaction, certain information may be transferred as part of that transaction subject to applicable law.

Clinical and healthcare records remain subject to applicable professional, privacy, and healthcare requirements.

23. Changes to This Privacy Policy

We may update this Privacy Policy periodically to reflect changes in our Website, services, technology, business practices, or legal requirements.

When changes are made, the revised Privacy Policy may be posted on this page and the “Last Updated” date will be changed accordingly.

We encourage visitors to review this Privacy Policy periodically.

24. Relationship to Terms and Conditions

Use of the Website is also subject to the Life Discovery Psych Terms and Conditions.

The Terms and Conditions address Website use, informational and professional disclaimers, intellectual property, telehealth limitations, liability, and other terms governing use of lifediscoverypsych.com.

25. Notice of Privacy Practices

Individuals who become clients of Life Discovery Psych may receive a separate Notice of Privacy Practices describing how applicable health information may be used and disclosed and explaining rights regarding that information.

This Privacy Policy should not be interpreted as replacing a Notice of Privacy Practices required by HIPAA or other applicable healthcare privacy laws.

26. Contact Us

If you have questions regarding this Privacy Policy or the privacy practices of Life Discovery Psych, please contact:

Life Discovery Psych

Website: lifediscoverypsych.com

Additional contact information may be available through the Website's Contact page.

Privacy Notice: Please do not use general Website forms or ordinary email to communicate an emergency or submit unnecessary sensitive mental-health, medical, or sexual-health information. Website communications may not be reviewed immediately.