

COOKIE POLICY

State of Mind Counselling & Psychotherapy

Effective Date: 21 May 2026

This Cookie Policy explains how State of Mind Counselling & Psychotherapy uses cookies and similar technologies on our website. It describes the types of cookies that may be used, why they are used, how third-party services may place cookies and how you can manage your preferences.

For the purposes of this Cookie Policy, "we", "us" and "our" refer to State of Mind Counselling & Psychotherapy. "You" and "your" refer to visitors and users of our website.

Website and Contact Details

Website	https://www.stateofmind.clinic/
Address	State of Mind Counselling & Psychotherapy Gurteen Ballymahon Co. Longford N39 DK60 Ireland
Phone	043 33 62041
Fax	043 33 62043
Email	info@stateofmind.clinic

1. What Are Cookies?

Cookies are small text files that are stored on your computer, smartphone, tablet or other device when you visit a website. They allow a website to recognise a device, remember certain settings, support essential functions and provide information about how the website is used.

Cookies may be placed directly by the website you are visiting. These are commonly known as first-party cookies. Cookies may also be placed by external providers whose services are used on the website, such as analytics services, booking systems, embedded content, maps, videos, social-media features, payment tools or client-portal functions. These are commonly known as third-party cookies.

2. How We Use Cookies

We may use cookies and similar technologies to help our website operate correctly, maintain security, remember your choices, provide booking or enquiry features and improve the overall experience of visitors.

Cookies may also help us understand which pages are visited, how visitors move through the website, what devices or browsers are used and whether any part of the website is working as intended.

We do not use general website cookies to collect counselling or psychotherapy session notes, detailed therapeutic records or other highly sensitive information disclosed during the provision of our services.

3. Types of Cookies We May Use

Necessary Cookies

Necessary cookies are required for the website to function properly and securely. They may support page loading, website navigation, security, privacy choices, form functionality, session management and access to protected areas, including client-portal features where applicable.

These cookies cannot usually be disabled through the website because essential parts of the website may not operate correctly without them.

Performance and Analytics Cookies

Performance and analytics cookies help us understand how visitors use the website. They may indicate which pages are visited most frequently, how users move through the website, whether technical problems occur and how the website may be improved.

Functional Cookies

Functional cookies allow the website to remember choices or preferences, such as settings, form interactions or other features that make the website easier to use. They may also support booking functions, embedded features or client-access areas.

Marketing and Third-Party Cookies

Our website may include embedded tools, social-media features, booking services, newsletter functions, videos, maps, analytics services or other third-party content. These providers may place cookies when you interact with their services.

These cookies may support the third-party service, measure engagement or remember settings. You should review the relevant provider's cookie and privacy information.

4. Wix Cookies

Our website is built and hosted using Wix. Wix may place cookies and similar technologies on the website to support hosting, security, website functionality, performance, visitor preferences, analytics and other platform features.

Some Wix cookies are necessary for the website to operate correctly. Other Wix cookies may support optional functionality, analytics, performance monitoring or improvements to the user experience.

Some cookies may be placed automatically by Wix or by applications enabled through the Wix platform. The cookies used may change when platform services or website features are updated.

5. Third-Party Services

Our website may use or link to third-party services, including appointment-booking platforms, client portals, contact forms, email or newsletter providers, analytics tools, social-media platforms, payment services, maps, videos and external resources.

When you interact with these services, the provider may use cookies and collect technical information such as your IP address, browser type, device type or interactions with embedded features.

Third-party providers are responsible for their own cookies and data-processing practices. You should review the privacy and cookie information supplied by any service you use.

6. Managing Your Cookie Preferences

When you first visit our website, you may be shown a cookie banner or settings tool that allows you to accept, reject or manage certain categories of cookies. Necessary cookies may remain active because they are required for the website to function securely and correctly.

Where consent is required for a non-essential cookie, it should not be activated until you have made your choice. You may change or withdraw that preference through the website cookie settings.

You can also manage cookies through your browser settings. Most browsers allow you to block cookies, remove existing cookies or receive a warning before a cookie is stored. Disabling some cookies may affect the way the website operates, and certain forms, booking tools, client-portal functions, security features or saved preferences may not work properly.

7. Controlling Cookies Through Your Browser

The method for managing cookies depends on the browser and device you use. Browser settings will normally allow you to delete cookies, block all cookies, block third-party cookies, allow cookies only from selected websites or receive notifications before cookies are stored.

Where you use more than one browser or device, you may need to update your cookie preferences separately on each browser or device. Deleting cookies may also remove preferences that the website previously remembered.

8. Personal Data and Cookies

Some cookies and similar technologies may collect information that is considered personal data, including an IP address, device identifier, browser information, general location information or website-usage data.

Where cookie information constitutes personal data, it will be handled under our Privacy Policy and applicable data-protection law. The relevant lawful basis may include consent, legal obligation or our legitimate interest in maintaining a secure and effective website.

For further information about how we collect, use, retain, share and protect personal information, and about your data-protection rights, please refer to our Privacy Policy.

9. Changes to This Cookie Policy

We may update this Cookie Policy from time to time to reflect changes to our website, the Wix platform, third-party tools, legal requirements or the ways in which cookies and similar technologies are used.

The latest version will be made available on our website. The effective date displayed at the beginning of this Cookie Policy will be updated when material changes are made.

10. Contact Us

If you have questions about this Cookie Policy, the cookies used on our website or the way your information is handled, please contact us using the details below.

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