



Terms of use

Last updated 17/02/2026

1. Purpose of the Platform

UNFLTRD NOTES is a moderated storytelling and community discussion platform that allows users to submit anonymous written content for public sharing and community response.

This platform exists to provide space for expression and shared perspective. It is not a professional mental health, medical, or crisis service.

2. Eligibility

By using this platform, you confirm that:

- You are at least 13 years old (or have parental/guardian consent where required by law).
- You understand that submissions may be publicly shared.
- You agree to comply with these Terms of Use.

3. Anonymous Submissions

When you submit content:

- You agree not to include full names, addresses, school names, workplace names, or any identifying details.
- You agree not to identify or expose other individuals.
- You understand that all submissions are subject to moderation.
- You grant UNFLTRD NOTES the right to edit, format, shorten, or decline your submission for safety, clarity, or privacy reasons.
- You grant us permission to publish your submission on our website and affiliated social media platforms.

We reserve the right not to publish any submission at our discretion.

4. Community Conduct

Users must not:

- Post hate speech, harassment, or bullying content.
- Promote self-harm, suicide, eating disorders, or harmful behaviour.
- Provide medical, psychological, or dangerous advice in comments.
- Encourage illegal activity.
- Attempt to identify or expose anonymous contributors.
- Use the platform to defame others.

We reserve the right to remove any content that violates these standards.

5. Not Professional Advice

UNFLTRD NOTES does not provide:

- Therapy
- Counselling
- Medical advice
- Psychological diagnosis
- Crisis intervention

Community responses represent personal opinions only.

If you are experiencing a mental health crisis, thoughts of self-harm, or are in immediate danger, contact your local emergency services immediately (in the UAE call 999) or seek assistance from a licensed mental health professional.

6. Crisis Situations

This platform is not monitored as an emergency service.

If a submission indicates immediate risk of harm, we reserve the right to:

- Decline publication.
- Remove content.
- Provide crisis resource information.

However, we cannot guarantee intervention in emergency situation as this is an anonymous platform.

7. Privacy & Data

- Submissions are intended to be anonymous.
- We do not collect or publish identifying information.
- Users are responsible for ensuring they do not include identifying details.
- We may collect minimal technical data (such as IP address) for security and moderation purposes.

8. Intellectual Property

By submitting content, you grant UNFLTRD NOTES a non-exclusive, royalty-free right to publish, reproduce, and distribute your submission across our platform and social media channels.

You retain ownership of your original content.

9. Limitation of Liability

By using this platform, you agree that:

- UNFLTRD NOTES is not responsible for actions taken based on community responses.
- We are not liable for emotional, psychological, or other outcomes resulting from content shared on the platform.
- Use of this service is at your own discretion and risk.

10. Right to Modify or Terminate

We reserve the right to:

- Modify these Terms of Use at any time.
- Suspend or terminate access to users who violate these terms.
- Remove content without prior notice.

Updated terms will be posted on this page with a revised “Last Updated” date.