

## FULL DISCLAIMER

This website is not monitored 24/7. If you are in crisis or suicidal please call the suicide crisis hotline listed below right, 911 if in the United States, or go to your nearest emergency room. Please [READ MORE](#) for information on confidentiality and exemption of liability.

**READ MORE:** Your confidentiality is of the utmost importance. We have made every effort to make the information shared on this site 99% confidential by obtaining an SSL Certificate that protects the information you provide using a powerful SHA-2 and 2048-bit encryption for an unlimited number of servers. You can further protect yourself on your end by using a VPN or proxy. More simply: use a friend's computer, especially one who is not in the military.

This website is for information purposes only. Although all information provided comes from credible sources and evidence-based medicine, no claims are made of accuracy and no responsibility will be taken by the Matthew Patton Foundation for events arising from the use of the information provided or shared. There is no intent to provide medical advice of any kind. If you suspect you have a medical problem, either physical or psychological, please contact a qualified health care professional immediately.

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