



Website Disclaimer

Important information about the Sober30 program, its educational content, and when to seek professional help. | Effective October 17, 2026

1. Educational and peer-support purpose

Sober30, including its website, 30-day recovery guide, email lessons, videos, downloadable materials and related communications (together, the “Services”), offers general educational information, encouragement and lived-experience perspectives regarding sobriety and recovery. This content is not individualized medical, psychiatric, psychological or addiction-treatment advice. It is not a substitute for diagnosis, evaluation, detoxification, treatment, medication, counseling or care from a qualified professional.

2. No professional or emergency-care relationship

Accessing Sober30 or contacting its team does not, by itself, establish a physician-patient, therapist-client, counselor-client or other clinical relationship. Sober30 is not an emergency response or crisis-monitoring service; emails and form submissions are not continuously monitored. Unless expressly stated and independently verified, do not interpret program materials as a claim that a presenter holds a particular professional license or clinical credential.

3. Withdrawal can be medically dangerous

Stopping or reducing alcohol or certain drugs can cause serious, potentially life-threatening withdrawal. Do not use Sober30 videos to guide unsupervised detoxification or change prescribed medication. Seek professional medical advice about withdrawal and treatment planning. If you experience a seizure, severe confusion, hallucinations, trouble breathing or another medical emergency, call 911 in the United States or your local emergency number immediately.

4. Crisis and urgent support

If you are in emotional distress, experiencing a mental health or substance-use crisis, or concerned about your immediate safety, seek real-time help. In the United States, call or text **988** for the Suicide & Crisis Lifeline; call **911** for an immediate medical or safety emergency. Do not wait for a reply from Sober30.

5. Individual experiences and results vary

Recovery is personal and often requires multiple forms of support. Anecdotes, personal sobriety experience, examples and testimonials are not promises or predictions of any individual result. Sober30 cannot guarantee continuous sobriety, prevention of relapse, symptom relief or any specific outcome. Viewers should work with appropriate health professionals and local supports to develop plans that fit their needs.

6. AI-presented videos and third-party materials

Some Sober30 lessons may use an AI-generated avatar, synthesized voice or other digital presentation technology. A video presentation is prerecorded educational material, not a live conversation or a source of personalized clinical assessment. Links to external resources and third-party platforms are provided for convenience; Sober30 does not control their content, availability or privacy practices.



7. Treatment-facility referrals

A detox or treatment facility may offer access to Sober30 as a supplementary resource. That referral does not mean Sober30 is part of the facility's clinical treatment plan, and it does not replace the facility's professional care or discharge instructions. Any data sharing between organizations must follow applicable agreements and privacy law.

8. Accuracy, updates, and limitation

We aim to provide useful and accurate information, but materials may become outdated, contain errors, or omit circumstances relevant to you. Content is provided for general informational use, subject to applicable law. Nothing in this disclaimer waives a right or protection that cannot legally be waived. Your use of the Services is also subject to the Sober30 Terms and Conditions and Privacy Policy.

9. Governing law and contact

To the extent permitted by applicable law, this disclaimer is interpreted under the laws of the State of Nevada, without overriding mandatory federal or other applicable protections. Questions about this disclaimer may be directed to:

Contact: Sober30 • www.sober30.com • dewey@sober30.com • 702-582-5189