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Personal data apart from your IP address is not transferred when you visit this website. Personal data is information that identifies you or can be used to identify or contact you. This may include your name, address, email address, location, age, gender, IP address, where it has not been clipped or anonymised and telephone number. This information is collected when you voluntarily submit personal data to Time 4U Counselling, via phone contact, filling in the form on this website or emailing [info@time4ucounselling.ie](mailto:info@time4ucounselling.ie).

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Time 4U Counselling like most websites gathers general, non-personal information on our visitors for statistical purposes. This cannot be used to identify or contact you. This might include the browser you use, your IP address where it has been clipped or anonymised and similar anonymous data.

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Personal information you submit to Time 4U counselling will only be used to, reply to messages you submit online via the form, reply to emails sent by you or to contact you by phone.

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Time 4U Counselling will never sell your personal information to third parties. Nor share your personal information unless we have your permission or are required by law to do so. You may request details of personal information which Time 4U Counselling hold about you under GDPR.

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