



## PRIVACY POLICY

### Getting better my way

This is the privacy policy relative to the *Getting better my way* self-management tool applicative website (hereinafter "**Web Tool**") developed by Janie Houle, Professor in the Department of Psychology at the Université du Québec à Montréal (UQAM), and her team in collaboration with the organization Revivre - Association québécoise de soutien aux personnes souffrant de troubles anxieux, dépressifs ou bipolaires (hereinafter "Revivre") and the Centre de recherche de l'Institut universitaire en santé mentale de Montréal of the CIUSSS de l'Est-de-l'Île-de-Montréal ("**we**"), as well as the financial support of the Fondation de l'Institut universitaire en santé mentale de Montréal. It describes, when applicable, the collection and processing that may be made of the personal information of users of the Web Tool ("**you**").

**By using the Web Tool and its content, you acknowledge having read and understood this privacy policy.**

### 1. NO AUTOMATIC OR MANDATORY COLLECTION AND PROCESSING OF DATA

**No disclosure of personal information is required to consult the content publicly available in the Web Tool.** In addition, we do not advertise on the Web Tool. Finally, we do not collect information for the purpose of contacting you.

In addition, in order to establish statistics on visits and usage of the Web Tool, certain data is collected through Google Analytics. These statistical data are anonymous. It allows us to know: the time of the visit, the duration of the visit and the pages visited; the path followed to arrive at the site (external link or Google search, for example); the type of browser used; the type of operating system (Windows, Android, etc.); the version of Flash and Java used; the geographical location (city) of the visitor by means of the I. P. address. It also collects information on documents downloaded and videos viewed on the site. It does not collect personal information such as names and emails. For more information, visit the Google Analytics [Data Security and Privacy](#) page.

### 2. INFORMATION YOU CHOOSE TO PROVIDE

#### 2.1 When you use the Web Tool *Getting better my way*

If you wish, you may choose to share certain personal information with us. For example, you are required to provide your email address if you wish to create a user account in the Web Tool or to subscribe to our newsletter. The use of your email address when creating an account and using the Web Tool will only be used for the purpose of saving content for Web Tool users. This data is hosted on the servers of the Quebec-based hosting company Likuid, mandated by the CIUSSS de l'Est-de-l'Île-de-Montréal, and is kept for a period of 5 years after the last connection. No data will be transmitted to a third party.

#### 2.2 Questions and Comments

If you contact us, we will have access to the information you shared with us, including your contact information, and any question you ask or comment you make. This information will be collected so that we can respond to you, and, as needed, react to a given situation.

### 3. SECURITY FEATURES

We have implemented measures that can reasonably be expected to be in place to preserve the security and confidentiality of all personal information that you have provided. We store this information in a form that does not allow us to identify you. As well, our platforms and servers are hosted in Canada. **The technology we are using in this application is up to standard, however, the Web Tool and its content – like any technology – is not infallible and is not safeguarded to unforeseen events. You need to be aware of the fact that there is risk related to the use of any technology. We cannot guarantee that your access to, or use of, the Web Tool or its content will never result in the interception of data or some other event beyond our control.**

### 4. QUESTIONS

You can [communicate](#) with us if you have any questions about our privacy practices.

### 5. HYPERLINKS

The Web Tool and its content include links to other resources that may be of assistance. These links are provided for informational purposes only in order to facilitate your access to extra support in with your self-management. However, please keep in mind:

- that these resources are not controlled by us;
- that we do not regularly verify their content; and
- we cannot guarantee the validity of their content.

These resources are governed by their own terms of use and privacy policies. We do not assume any liability in connection with them. The choice to use these links is yours alone.

### 6. ADDITIONAL TERMS

#### 6.1 Entire agreement.

This privacy policy constitutes, along with the [Terms of Use](#), the totality of the rules applicable to your usage of the Web Tool and its content. Please note that this policy as well as the [Terms of Use](#) can be downloaded at <https://allermieux.criusmm.net/en/data-policy/>

#### 6.2 Modifications

**We have the right to modify this privacy policy. You will be notified of any modification in advance. We will assume that you accept such modification(s) if you access or continue to use the Web Tool or its content; if you disagree with these changes, you must stop using the Web Tool or remove it from your device before they come into effect.**

#### 6.3 Applicable laws and disputes.

The Web Tool, its content and its privacy policy are subject to the laws applicable in the province of Quebec,

without reference to its conflict of laws principles. Any dispute will be submitted to the courts of the province of Quebec, which shall have exclusive jurisdiction.

#### 6.4 Getting in touch.

Here is our contact information if you would like to get in touch with us:

Email: [internet.cemtl@ssss.gouv.qc.ca](mailto:internet.cemtl@ssss.gouv.qc.ca)

Tel : 514-251-4000, # 3358

We will follow up on any communication as quickly as possible, and at the very latest within the delays set out by the applicable laws.

**In case of emergency, you must communicate directly with emergency services, using 911.**

