

FAQ

What is Tapa Health?

Tapa Health is a comprehensive platform designed to help individuals recognize, manage, and overcome burnout. We offer a variety of tools, resources, and interactive activities to support mental health and well-being.

How does Tapa Health work?

Tapa Health operates through a user-friendly website where you can access a wealth of information about burnout, participate in interactive activities, use our burnout risk assessment tool, and explore our 5 Rs approach to managing burnout: Recognise, Reduce, Reorganise, Relax, and Rekindle.

Is Tapa Health free to use?

Yes, its free to use.

How do you ensure the privacy and security of my data?

We take your privacy and security seriously. Our Privacy Policy outlines how we collect, use, and protect your data. We use administrative, technical, and physical security measures to safeguard your information.

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