

# Association of Mental Health First Aiders Cookie Policy

## Introduction

Our website uses cookies and similar technologies to distinguish you from other users. By using cookies, we are able to provide you with a better experience and to improve our site by getting a better understanding of how you use it. Find out about the main types of cookies we use, and what we use them for.

## What is a cookie?

Cookies are small pieces of data that websites store on your browser when you visit them. Cookies are useful because they allow a website to recognise your visit and collect information about how you use that website. Cookies can also be used to analyse traffic and for advertising and marketing purposes.

If you want to check or change what types of cookies you accept, this can usually be altered within your browser settings. You can block cookies at any time by activating the setting on your browser that allows you to refuse the setting of all or some cookies. However, if you use your browser settings to block all cookies (including essential cookies) you may not be able to access all or parts of our site.

When you first log in to our website you will have been asked to select your preferences by either electing Reject or Accept all cookies.

## How do we use cookies?

We use cookies to gain a better understanding how visitors use this website. This helps us to develop and improve our website as well as products and/or services in response to what you might need or want. We have carefully chosen these cookies and have taken steps to ensure that your privacy and personal data is protected and respected at all times.

By using our site, you may also receive certain third-party cookies on your computer. Third party cookies are those placed by websites, services and/or parties other than us. These are fully explained below.

For more details of the personal data that we collect and use, the measures that we have in place to protect your personal data, your legal rights and our legal obligations to you please refer to our Privacy Policy [here](#).

## **Cookies are either:**

### **Session cookies**

These are only stored on your computer during your web session and are automatically deleted when you close your browser – they usually store an anonymous session ID allowing you to browse a website without having to log in to each page but they do not collect any personal data from your computer.

### **Persistent cookies**

A persistent cookie is stored as a file on your computer and remains there when you close your web browser. The cookie can be read by the website that created it when you visit that website again. We use persistent cookies for Google Analytics.

## **Cookies can also be categorised as follows:**

### **Strictly necessary/essential cookies**

Strictly necessary cookies ensure that our website is able to function properly. We don't have to ask for your consent to store these cookies on your browser. We use these cookies to provide core services and features on our website. These services and features won't work without them.

### **Performance cookies**

These cookies enable us to monitor and improve the performance of our website. For example, they allow us to count visits, identify traffic sources and see which parts of the site are most popular.

## **Functionality cookies**

These are cookies which are set up to improve the functionality of the website. For example, cookies that remember the content you previously viewed on this website or the email address and password you provided when registering during an earlier visit to this website. Using Functional cookies, therefore, may allow us to serve you content tailored to your interests and save you the time of having to re-register or re-enter information when you re-visit this website or try to access certain sections.

## **Performance cookies**

These help us make sure that the website is working properly and fix any errors. And they let us try out different ideas.

## **Advertising and marketing cookies**

These cookies and similar technologies gather information about your browsing habits. They remember that you've visited a website and share this information with other organisations, such as advertisers and platforms on which we advertise. These cookies help us decide which of our products, services and offers may be relevant for you. You can change your mind on how you receive certain types of marketing message or choose to stop receiving them at any time.

## **Social media cookies**

Social media cookies are used to share content on social media platforms and help link activity between a website and third-party sharing platforms. These cookies allow you to share what you've been doing on the website on social media such as Facebook and Twitter. We do not control social media cookies and they do not allow us to gain access to your social media accounts. Please refer to the relevant social media platform's privacy policies for information about their cookies.

## **Third-party cookies**

Third-party cookies are set by a domain other than the one the user is visiting. This typically occurs when the website incorporates elements from other sites, such as images, social media plugins or advertising. When the browser or other software fetches these elements from the other sites, they can set cookies as well. We don't control the setting of these cookies, so please check the third-party websites for more information about their cookies and how to manage them.



## How do I disable cookies?

If you want to disable cookies, you need to change your website browser settings to reject cookies. How you can do this will depend on the browser you use. Most internet browsers also enable you to choose whether you wish to disable all cookies or only disable third-party cookies. Further details on how to disable cookies for the most popular browsers can be found [here](#).

If you have already consented to cookies on our website, you can change your preferences by clearing cookies from your browser and re-entering our site. This will cause the pop-up banner to re-display and you can choose to use the site without consenting to cookies.

## List of cookies on our site

Here's a list of the main cookies we use, and what we use them for.

### Strictly necessary cookies

Domain	Cookie Name	Purpose	Expiry
www.aomhfa.org	OptanonConsent	Contain the consent status of a visitor is indicated using the first party OptanonConsent cookie.	1 year

### Performance/functionality cookies

Domain	Cookie Name	Purpose	Expiry
www.aomhfa.org	_ga_*	Google Analytics sets this cookie to store and count page views. OptanonConsent cookie.	1 year 1 month 4 days



www.aomhfa.org	_ga	Google Analytics sets this cookie to calculate visitor, session and campaign data and track site usage for the site's analytics report.	1 year 1 month 4 days
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### Other/unclassified cookies

Domain	Cookie Name	Purpose	Expiry
Microsoft	AI_sentBuffer	Cookies set by Microsoft Application Insights, which allow Insights to monitor the health and status of the server and website.	Session
Microsoft	AI_buffer	Cookies set by Microsoft Application Insights, which allow Insights to monitor the health and status of the server and website.	Session

## Changes to Cookie Policy

We may alter this cookie policy at any time. Any such changes will become binding on you on your first use of our site after the changes have been made. You are therefore advised to check this page from time to time. In the event of any conflict between the current version of this Policy and any previous version, the provisions current and in effect shall prevail unless it is expressly stated otherwise.