

Mindrest — Privacy

How your writing is stored, who can reach it, and how to remove it.

Last updated 13 August 2026 · ammarali4669@gmail.com

Mindrest is a private journal, so the only honest way to write this is plainly: here is everything that is kept, where it sits, who else can see it, and how to remove it.

1. Who holds your data

Mindrest is made and run by an independent developer. For anything in this policy — a copy of your data, a deletion, a complaint — write to ammarali4669@gmail.com and you will hear back from a person.

The app is built on Google Firebase. Google stores the data on our behalf and processes it only on our instructions; they are not free to use it for their own purposes.

2. What never leaves this phone

These are held in the app's own storage and are not uploaded, not backed up by us, and not readable by other apps:

- Your app lock code, kept in the phone's secure keystore.
- The AI chat conversation. Every message and reply is stored on the device only — there is no copy on the server.
- Anything you typed but never saved.
- The music under Sounds, which ships inside the app rather than being streamed, so playing it tells nobody anything.
- A copy of everything below, so the app works with no signal.

3. What is stored on the server

So that a lost phone is not a lost journal, the following syncs to our Firebase project:

This happens whether or not you created an account. Choosing "continue without an account" gives you an anonymous identifier rather than no identifier — your entries still sync under it, and it is the reason a reinstall without an account cannot get them back.

- Journal entries, in full, as you wrote them.
- Check-ins: the mood you picked and your answers.
- Reflections generated from your check-ins.
- Course and lesson progress.
- Your settings, including which switches you have turned on.
- Your account identifier, and your email address if you signed in with one.

4. The AI chat

This is off until you turn it on in Profile, and nothing is sent while it is off.

When it is on and you send a message, that message and up to twelve recent turns of the conversation go to our server, which passes them to Google's Gemini model and returns the reply. The server keeps none of it — not the message, not the reply, not the history. The only thing written down is a counter of how many messages you sent today, which is what stops the bill running away.

The replies are generated text. They are not advice from a clinician and are not used to assess, diagnose or score you.

5. The safety check

Before a message reaches the model, it is checked for signs that someone is in danger. If it matches, the app shows support numbers instead of a reply.

When that happens we record that it happened — a count, with no text, no message, and nothing that ties it back to you beyond the fact that it was one user. Nobody is notified, and no service is contacted on your behalf.

6. Crashes and usage

Crash reports are always on: when the app breaks, we receive the error, the point in the code it happened, your device model and your OS version. They never contain what you wrote.

Usage analytics are a switch in Profile. When on, we count screens opened and features used — that a journal entry was saved, not what it said. There is no advertising in this app, no advertising identifier is read, and nothing is shared with an ad network.

7. Reminders

Daily reminders are scheduled by your phone itself and their text never leaves it. If you turn them on, the phone registers a notification token with Google so a message can reach it; the token identifies the device, not you.

8. What is never collected

None of the following is read by this app, on any screen:

- Your location.
- Your microphone. Reading aloud uses your phone's own voice and records nothing.
- Your contacts, your camera roll or your calendar.
- Any advertising identifier.

9. How long it is kept

Until you remove it. Entries have no expiry, because a journal you keep for three years is the point of keeping one.

Crash reports are kept by Firebase for up to 90 days. Analytics counts are held for up to 14 months and are not tied to anything you wrote.

10. Deleting everything

Profile → Delete my account and data removes your entries, check-ins, reflections and progress from this device and from the server, and closes the account. It is immediate and it cannot be undone.

Two things survive it, and neither contains anything you wrote: crash reports already sent, which expire on their own, and usage counts, which are aggregate numbers with no way back to a person.

Deleting a single journal entry removes it from both places too. If you are offline when you do it, the entry goes immediately here and the server copy is removed the next time the app connects.

11. Your rights

You can ask for a copy of what we hold, ask for it to be corrected, or ask for it to be erased, and you can object to us holding it at all. Write to ammarali4669@gmail.com; we will answer within 30 days.

Where the law requires a legal basis: your entries are processed to provide the app you asked for, the AI chat and analytics run on your consent, and crash reporting runs on our legitimate interest in the app not being broken. Consent can be withdrawn in Profile at any time.

If you are in the UK or the EU and think we have got this wrong, you can complain to your national data protection authority.

12. Children

Mindrest is not intended for anyone under 16, and no account should be created for a child. If you believe a child has been using it, write to ammarali4669@gmail.com and the account will be removed.

13. Where the data sits

Firebase stores this data on Google servers, which may be outside your country. Where that is a transfer the law regulates, it relies on Google's standard contractual clauses.

14. Changes

If this policy changes in a way that affects what is collected or where it goes, the app will tell you before it takes effect rather than quietly swapping the date at the top.

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