



Thinking Feeling Moving. Crisis Support Information

Should you need support between sessions, please contact your GP or one of these organisations for help. You may also want to go to the bookings page on my website to bring your appointment forward.

UK

Samaritans

24-hour Helpline: 116 123 www.samaritans.org National organisation offering support to those in distress who feel suicidal or despairing and need someone to talk to.

SANE

SANE is a leading UK mental health charity working to improve quality of life for anyone affected by mental illness. SANEline 0300 304 7000 6pm-11pm daily. www.sane.org.uk

Switchboard

If you identify as gay, lesbian, bisexual or transgender, Switchboard is available from 10am- 11pm 0300 330 0630 www.switchboard.lgbt

Australia

Lifeline

Lifeline Crisis Support 13 11 14 24/7 www.lifelinedirect.org.au

1800RESPECT

National Sexual assault, Domestic Family Violence Counselling Service. 1800 737 732 24/7

Beyond Blue

Beyond Blue 1300 22 4636 www.beyondblue.org.au

USA

Crisis Call Centre (800) 273 8255

National Domestic Violence Hotline (800) 799 7233

LGBT National Hotline (888)843-4564