
Where to Find Help

Emergencies. In the European Union, 112. In the US and Canada, 911. In the UK, 999 or 112. In Japan, 119. In Australia, 000. Elsewhere: write your number on the previous page.

Poisoning. Many countries have a poison center that answers the phone day and night. Look up your local number and write it on the previous page today.

If you want to cut down or stop drinking

- Start with your family doctor, and be honest about how much you drink. If you have signs of alcohol dependence, your doctor can help you withdraw safely under supervision (Chapter 10).
- Many places have mutual-help groups for people who want to stop drinking, in person or online.

If food and eating are worrying you (Chapter 12)

- Talk to your family doctor, a psychologist, or an eating disorder support organization in your country.
- If you're worried about someone close to you: talk to them with care, not judgment, and offer to go with them to their first appointment.

If you feel overwhelmed, low for a long time, or have thoughts of harming yourself

- Call a crisis line where you live, go to the nearest emergency department, or tell someone you trust.

Find a helpline in your country. The international directory findahelpline.com lists free helplines for emotional crisis, alcohol and eating disorders, country by country.

Write them down: family doctor _____; alcohol support _____; eating disorder support _____; crisis line _____.