Where to Find Help

Call emergency services at once if

- you have chest pain, severe breathlessness, dizziness or fainting while exercising (Chapter 6);
- someone becomes drowsy, confused or faints, especially while taking insulin or diabetes medicine (Chapter 7);
- someone has a seizure, hallucinations or confusion while stopping alcohol (Chapter 8);
- you or someone else intends to self-harm and is in danger.

Emergency number where I live: _____ Crisis line where I live: _____

International directory of helplines: findahelpline.com

If you have thoughts of harming yourself

- US and Canada: call or text **988**.
- UK and Ireland: Samaritans **116 123**.
- Australia: Lifeline **13 11 14**.
- New Zealand: call or text **1737**.
- Elsewhere: find a number at findahelpline.com, or call emergency services.

Eating disorders (Chapter 7): find a helpline for your country at findahelpline.com, and talk to a doctor.

A long spell of low mood, or losing interest in almost everything (Chapters 5 and 13): talk to a doctor; see Volume 11 of this series.

Alcohol and stopping drinking (Chapter 8): your GP or family doctor; Volume 16 of this series has its own help page.

Long-lasting insomnia, loud snoring, pauses in breathing during sleep (Chapter 9): your GP; ask about cognitive behavioural therapy for insomnia or a sleep assessment.

Someone I can call: _____ My doctor: _____