Where to Find Help

Helpline where I live: _____

International directory of crisis helplines: findahelpline.com

If you're having thoughts of harming yourself (Chapters 6, 9, 10)

- 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.

Tell someone you trust. You don't need to know exactly what's wrong to ask for help.

Your general practitioner or family doctor is a good place to start in any country, for any symptom in this book.

A pharmacist can answer questions about medicines and side effects without an appointment (Chapters 7, 11).

Someone I can call: _____ **My doctor:** _____