

## **Crisis and Emergency Signposting**

### **Life After Trauma Therapy Ltd**

Life After Trauma Therapy Ltd does not provide crisis intervention or emergency mental health services. This document explains what to do if you are experiencing a mental health crisis or are at immediate risk of harm.

### **When to Seek Immediate Help**

You should seek immediate support if you are experiencing thoughts of harming yourself or others, feel unable to keep yourself safe, are in severe emotional distress, or are experiencing a mental health emergency.

### **Emergency Support (UK)**

If you are in immediate danger, call **999**.

You can also contact:

- NHS 111 for urgent mental health support
- Your local NHS urgent mental health helpline (available in England 24/7)
- Samaritans: 116 123 (UK & ROI, 24/7)
- SHOUT text service: Text **SHOUT** to 85258 (UK, 24/7)

### **If You Are Outside the UK**

If you are accessing services from outside the UK, you are encouraged to identify appropriate emergency or crisis support services in your own country, including local emergency numbers and mental health helplines.

### **Use of Services**

Online counselling, coaching, courses, and digital materials provided by Life After Trauma Therapy Ltd are not suitable for crisis situations. If you are in crisis, please seek immediate support through the services listed above rather than relying on online sessions or digital content.

### **Contacting Life After Trauma Therapy Ltd**

If you are an existing client and experiencing increased distress between sessions, you are encouraged to seek appropriate crisis support. Life After Trauma Therapy Ltd cannot provide emergency response or crisis management.

Life After Trauma Therapy Ltd

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