Between sessions

Easy Read. For patients of Professor White.

1 Help now

If someone could die or is badly hurt, phone 999.

If you need help soon, phone your doctor (your GP).

If your doctor is closed, phone **111**.

In Northern Ireland, phone **Lifeline** on **0808 808 8000**.

You can talk to **Samaritans** at any time on **116 123**. It is free.

You can send a text message. Text **SHOUT** to **85258**.

Professor White's office **cannot** help in an emergency.

This information is general. It does not replace advice from your GP or another health professional who knows you. Phone numbers and opening hours were last checked on 10 November 2026.

ProfC.org Limited · Registered in Scotland SC631484 · Director: Professor Craig A. White · HCPC PYL22803 · 0141 255 1438

2 Contacting the office

The office is open in the daytime on working days.

The phone number is **0141 255 1438**.

Nobody answers messages at night or at weekends.

If you need help when the office is closed, phone your doctor, **111**, or **999** in an emergency.

If you have a safety plan, keep it on your phone. Use it when you need to.

Tell Professor White at your next session if you needed help.

3 Medicines

Professor White does not give out medicines. Ask your doctor about medicines.

You can read good, up-to-date information about medicines on the Choice and Medication website: choiceandmedication.org/profc

ProfC.org Limited · Registered in Scotland SC631484 · Director: Professor Craig A. White · HCPC PYL22803 · 0141 255 1438

4 Things that can help when you feel upset

- Breathe out slowly.
- Feel your feet on the floor.
- Look around. Name five things you can see.
- Say to yourself: "That was then. This is now. I am safe."
- Talk to someone you trust.
- Be kind to yourself.

This information is general. It does not replace advice from your GP or another health professional who knows you. Phone numbers and opening hours were last checked on 10 November 2026.

ProfC.org Limited · Registered in Scotland SC631484 · Director: Professor Craig A. White · HCPC PYL22803 · 0141 255 1438