Between sessions

For people currently seeing Professor White for psychological assessment or psychological treatment. Keep this sheet somewhere easy to find, or save it on your phone.

Need help now?

If your life, or someone else's, is in danger, or you have been seriously hurt: call 999 or go to A&E.

Urgent, but not an emergency: contact your GP practice. When it is closed:

Scotland: NHS 24 on **111** – ask for the Mental Health Hub

England: NHS **111** – choose the mental health option

Wales: NHS 111 Wales – call **111 and press 2**

Northern Ireland: Lifeline **0808 808 8000** (24 hours)

Someone to talk to, any time, anywhere in the UK: Samaritans **116 123** (free) · text **SHOUT** to **85258**

Scotland, evenings and weekends: Breathing Space **0800 83 85 87** (Monday to Thursday 6pm–2am; Friday 6pm to Monday 6am)

This practice is not an emergency service. Telephone messages and emails are not monitored out of hours.

1 Between appointments

- **If something comes up that can wait,** note it down and bring it to your next session, or contact the practice on **0141 255 1438** during office hours.
- **Email** is fine for routine matters such as appointments. Please do not use email for anything urgent or for concerns about your safety: emails are not monitored out of hours.
- **If you need to cancel or rearrange,** please give as much notice as you can. See the terms and conditions at profc.org/terms.

If you needed to use any of the services above, please let Professor White know at your next appointment so that your plan can be reviewed.

2 Your coping or safety plan

If you and Professor White have made a coping or safety plan together, keep a copy on your phone and somewhere easy to find, and follow it when you need to. If you do not have a plan yet and would like one, raise it at your next session. In the meantime, stayingsafe.net has a free template, and the **Stay Alive app** (prevent-suicide.org.uk) can hold a plan on your phone.

3 Medication

Professor White, as a clinical psychologist, does not prescribe medicines. Discuss any concerns about a prescribed medicine with the person who prescribed it. **Do not stop a prescribed medicine suddenly without advice.**

For quality-assured, evidence-based, up-to-date information on medicines, visit Choice and Medication: choiceandmedication.org/profc

4 Psychological first aid: simple steps for stress and distress

If you have learned particular techniques in your sessions, use those first. The general steps here can be a back-up.

1. **Steady your breathing.** Breathe in gently through your nose, then breathe out slowly, a little longer than you breathed in. Repeat for a minute or two.
2. **Ground yourself in the present.** Press your feet into the floor. Name five things you can see, four you can hear or touch, three you can smell or taste.
3. **If a memory feels as though it is happening again,** remind yourself where you are and today's date: "That was then; this is now, and I am safe here."
4. **Notice and name what is happening,** for example "this is a memory". You do not have to push the feeling away.
5. **Be kind to yourself.** Speak to yourself as you would to a friend going through the same thing.
6. **Keep to the basics.** Eat regularly, keep to your routine, get fresh air or movement, and go easy on alcohol.
7. **Connect with someone you trust.** You do not need to go into detail about your case to get support.
8. **Do something that matters to you.** Once you feel steadier, a small worthwhile activity can help the feelings settle.

5 Self-help resources

- **WHO – Doing What Matters in Times of Stress.** Free illustrated guide with short audio exercises. who.int (search "Doing What Matters")
- **NHS inform (Scotland).** Self-help guides on anxiety, low mood, stress, sleep and PTSD. nhsinform.scot/mental-health
- **NHS Every Mind Matters (England).** Practical tips and a personal mind plan. nhs.uk/every-mind-matters

6 If you are also involved in a legal case

Professor White's clinical role is separate from any expert role, and he does not act as an expert witness for people he is treating. Questions about a legal case should go to your solicitor.

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