

Analytical Risk Management Support

Analytical is not an emergency or crisis service. Therapeutic support is provided during scheduled sessions only. I cannot offer crisis intervention, monitoring, or safety support outside of agreed working hours.

If I become concerned about your safety during a session, we will talk together about the most appropriate way to seek urgent help.

Crisis Support Outside Sessions

As a private practice therapist, I may not have access to your home location, GP details, or local services. This means I cannot safeguard you in the same way statutory services can. Clients agree to take responsibility for their own safety (and the safety of their children, where relevant) outside of therapy hours.

If you experience severe distress, feel unsafe, or are in immediate danger, please contact emergency or NHS services.

Helpful Support Options Between Sessions

If you need support outside of therapy hours, the following services may be helpful:

- **Samaritans; 116 123** – confidential emotional support for anyone in distress
- **Shout** – text-based crisis support on 85258
- **NHS 111 (mental health option)** – for urgent mental health concerns
- **Stay Alive app** – safety planning and crisis resources
- **SANEline** - on 0300 304 7000 (4.30pm-10.30pm)

Emergency Situations

If you find yourself in crisis, feeling overwhelmed, or experiencing thoughts of harming yourself or others, please attend your local A&E department or call emergency services. This ensures you can access immediate support from trained mental health professionals.