

*"Ask for help. Not because you are weak, but because you want to remain strong."
Les Brown*

HELP (FUL) RESOURCES - 24/7

You are not what you feel right now, and most of all: you are not alone, not the only one. There is someone out to offer guidance you need in every given moment, and any situation you feel overwhelmed by. I am happy to help and assist you as best I can, but I cannot be on duty 24/7. But some English speaking services are, and those listed here are also free of charge.

helpguide.org

The founders, psychologist Jeanne Segal and her husband Robert, lost a daughter to suicide. They are convinced that with the right resources available to her, she might not have felt to act on her desperation. Hence this guide is not only driven by love, but so full of profound, professional resources, that it simply amazes me. From anxiety, parenting, stress to relationships, a mediation against fear, and resources for emotional strength, [helpguide.org](https://www.helpguide.org) offers resources not only for those in despair, but everyone.

Phone numbers / phone advise

Psychiatric counselling in emergencies: (+43) 01 313 30

Women's emergency hotline: (+43) 01 717 19

In case of an emergency call:

Euro- Emergency 112 | Police - Emergency 133 | Fire - Emergency 122 | Ambulance - Emergency 144

If you are sick and need help:

Help line 142

Emergency service for poisoning 01 / 406 43 43

Hang in there, you are needed! Yours truly,

Verena Radlingmayer