

Hello & welcome to you - Being in crisis or active addiction is so hard to bare -

Although our groups are not a fit at the moment, here is where to reach out:

- North American wide Suicide & Crisis help line at 988
- Toll-free mental health crisis line at 1 833 456 4566
- You may need someone to help you in person, so please call a trusted friend to support you now.

We are committed to holding the safety of our groups at all times, and will continue to hold you in our hearts as you find your way to the other side of this.

Don't underestimate the power of connection - breathe a little deeper, put soothing music on, place a cold pack on the back of your neck, splash water on your face to feel you are alive or receive a warm hug from a willing loved one.

You have been through hard things before & made it through - there is light at the end of this tunnel. You are part of the natural rhythm of everything, and as such, are very important to the rest of us.

Warm hug -

Shealagh & Tara

OTHER ONLINE SUPPORT

Postpartum depression? <http://www.postpartumprogress.com>

Obsessive / compulsive thoughts / behaviour? <http://www.iocdf.org>

Adult child of an alcoholic? <http://www.adultchildren.org/meeting-search>

Body boundary violation survivor? <http://www.aftersilence.org> - chat/message board or <http://www.ascasupport.org> for support groups