

## CONTACT FORM | MENTAL HEALTH SUPPORT LINE

**Disclaimer:**

- The helpline volunteers are professionals but CAN NOT give diagnosis or treatment for physical or mental health conditions. They may be in a position to make recommendations given individual scenarios.
- The helpline is not a CRISIS line. If you are experiencing an immediate threat to your health you must contact your local doctor.
- The professionals will respect your confidentiality and understand that seeking help can be difficult. They will try their best to maintain confidentiality however, in certain circumstances they may share your information. In exceptional circumstances, for example, if they are worried about your safety they may need to break confidentiality.

**1. Name:** \_\_\_\_\_

**2. Age:** \_\_\_\_\_

**3. Gender/Preferred Pronoun:** \_\_\_\_\_

**4. Profession:** \_\_\_\_\_

**5. City/ Country:** \_\_\_\_\_

**6. Preferred Contact:** (Email/ Phone/WhatsApp) \_\_\_\_\_

**7. Friend/ Family Contact for emergencies ( can be Employer/ Boss):** \_\_\_\_\_

**8. Languages Spoken/ Preferred:** \_\_\_\_\_

**9. Is there any particular problem you are facing?:**

**10. Is there any particular help you would like?:**

**Have you read the disclaimer at the top of this document?: Yes / No**