



Frequently asked questions and signposting to other services.

I am feeling lower than normal or I am having suicidal thoughts

If you notice a change in your mental health and you are feeling much lower than normal or are having thoughts or feelings about suicide, then you should call your GP and making an emergency telephone appointment. Or you can call Samaritans for free on 116 123.

We can't advocate formally for digital mental health services as we haven't tried them all out and evaluated them. However, we know that 29K has been developed by mental health academics and experts in Scandinavia to replicate the process of cognitive therapy online. It specifically helps with self worth. It's free of charge:

29K - <https://29k.org/>

Therapy or counselling can be useful to help you manage your mental health. If you are looking to find a therapist or counsellor, we have a list of professionals who have worked with the charity here:

www.standalone.org.uk/psychotherapists-counsellors-partnered-stand-alone/

Otherwise you can look for a counsellor in your area on the following websites.

<https://www.counselling-directory.org.uk/>

<https://www.bacp.co.uk/about-therapy/how-to-find-a-therapist/>

If you are looking for help specifically with moving on with your life after estrangement, and thinking about what you want from the future, and planning steps to get you there, you might find Dr Becca Bland's online retreat in May useful.

<https://www.eventbrite.com/e/growing-from-estrangement-an-online-weekend-retreat-with-becca-tickets-101803318466>

Will you be offering online support groups again?

At the moment, we don't know. If it is helpful, we'd love to offer it again, and we'll work to do so. We can commit to evaluating how the group online went today with

you and our facilitators and you'll be the first to know on the newsletter mailing list and via our Twitter in the following weeks.

Will you be offering support groups face to face again?

Sadly because of COVID-19 it isn't safe to gather face to face. At the moment, the plan is to start offering support face to face in October time. There is no waiting list, and so please watch the newsletter.

Can you arrange a support group in my area/country?

This is a question we get all the time! And sadly, we can't be everywhere. We are a tiny charity in the scheme of things, and we don't have a huge amount of funds to be supporting people in setting up groups all over the country (or the world). It takes a lot of time and capacity to get that right. The Trustees are mindful that what we do has to be safe, well-planned, and carried out by the right professionals, who understand estrangement.

Can I tell my story on the podcast?

We'll be making a new series of the podcast in the summer and so watch the newsletter for a call out for participants.

How can I help Stand Alone?

At the moment, the most powerful way to help us is by becoming a monthly donor. If everyone on this call donated 5 per month, we'd be in a much stronger position and could plan into the future with more certainty.

<https://www.justgiving.com/standalone>

We aren't working with volunteers in any other capacity at the moment.

Any other questions:

Email: contact@standalone.org.uk and a member of the team will pick it up.

(Please note: we can't give personal advice on your situation)