**Mental Health Support Services**

If you experience any feelings of distress at any stage during the study, or if you require additional support from someone not involved in the research, please access one of the following services (depending on your country of residence):

**Australia**

|  |  |
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| **Lifeline**  | (telephone support 24 hours a day, 7 days a week) |
| Telephone: | 13 11 14 |
| Web: | https://www.lifeline.org.au/ |
| **Beyond Blue**  | (telephone support 24 hours a day, 7 days a week) |
| Telephone: | 1300 224 636 |
| Web: | https://www.beyondblue.org.au/get-support/get-immediate-support |

**New Zealand**

|  |  |
| --- | --- |
| **Lifeline Aoeteroa** | (telephone support 24 hours a day, 7 days a week) |
| Telephone: | 0800 54 33 54 |
| Web: | https://www.lifeline.org.nz/ |

**UK**

|  |  |
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| **Samaritans**  | (telephone support 24 hours a day, 7 days a week) |
| Telephone: | 116 123 |
| Web: | https://www.samaritans.org/samaritans-ireland/ |

**Ireland**

|  |  |
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| **Samaritans**  | (telephone support 24 hours a day, 7 days a week) |
| Telephone: | 116 123 |
| Web: | https://www.samaritans.org/samaritans-ireland/ |

**USA**

|  |  |
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| **National Suicide Prevention Lifeline** | (telephone support 24 hours a day, 7 days a week) |
| Telephone: | 1800 273 8255 |
| Web: | https://suicidepreventionlifeline.org/ |

**Canada**

|  |  |
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| **Canada Suicide Prevention Service** | (telephone support 24 hours a day, 7 days a week) |
| Telephone: | 1833 456 4566 |
| Web: | https://www.crisisservicescanada.ca/en/ |