Thank you for sharing (Insert summary of disclosure), I would like to reassure you that you have a range of options and support services are available for you.

You could get support in managing distressing emotions from _____ <u>Wellbeing</u>. You may also wish to access <u>Harmless</u>, a local charity who looks at harm reduction and managing distress.

There is also a range of support available such as <u>distrACT app</u>, <u>managing</u> <u>negative emotions</u>, and <u>distress tolerance</u>.

Further information is available on our online reporting tool webs@ng)barity