

Disclaimer for Kataholos

All the information on this website is published in good faith and for general information and educational purposes only.

It is important for us to note that this website does not intend to, nor should ever be used as a replacement for professional medical advice.

Here are some important websites to help you, if you need to speak to a professional service.

Click the links highlighted in [purple](#).

[Samaritans](#) trained professionals who will listen to you in confidence 24/7, 365 days a year

[Mind](#) a mental health charity to help both adults and children

[You Okay, Doc?](#) A UK based mental health charity for Doctors by Doctors

[United for Global Mental Health](#) Mental Health Resources from around the globe

[Here is an A-Z list of Mental Health charities](#)

From our website you can visit other websites by following hyperlinks to these sites. While we strive to provide only links useful and ethical websites, we have no control over the content and nature of these sites and the links to other websites do not imply a recommendation for all the content found on these sites.