

Exploring and recording the narratives, motivations and experiences of people engaged in patchwork and/or quilting in the 20th and 21st century

Support Services for Participants

There are lots of websites and helplines available for mental health support and this can vary according to location. The following is a selection that I will have to hand if participants need support but I will research what support services are available in the location of the individual participant:

UK Mind:

- Website: <https://www.mind.org.uk/>

UK Samaritans:

- Phone: 116123
- Website: <https://www.samaritans.org/>

USA Samaritans:

- Phone: 1(800)273-TALK
- Website: <http://www.samaritansusa.org/>

Canadian Association for Suicide Prevention:

- Website: <https://suicideprevention.ca/need-help/>

Age UK:

- Phone: 08006781602
- Website: <https://www.ageuk.org.uk/>

National Domestic Violence Helpline (UK)

- Phone 08082000247
- Website: www.nationaldomesticviolencehelpline.org.uk

Carers UK

- Phone: 08088087777
- Website: www.carersuk.org
- Email: advice@carersuk.org