

What should you do if the task in this study caused you distress?

If any of the topics discussed or questionnaires made you feel upset or caused you any distress, we would strongly recommend speaking with a trusted friend, family member or colleague. If you would like to get in touch with one of the researchers regarding this, please email us, and we would be happy to help you.

If you are worried about your mental health, the best option would be to see your GP and discuss with them how you are feeling. They will be able to assess how you are feeling and discuss the potential options that are available to you.

it is possible to directly access mental health support in the UK through NHS IAPT:

<https://www.nhs.uk/service-search/find-a-psychological-therapies-service/>

HELPLINES:

If relevant, we also recommend reaching out to charities and societies who can offer additional help and advice. You may find the following to be a valuable source:



A charity which runs an out-of-hours helpline offering specialist emotional support and information to anyone affected by mental illness.

Telephone helpline: 0845 767 8000 (open 6pm-11pm, everyday)

Website: <http://www.sane.org.uk/>



A charity providing information about getting help with mental health problems and accessing services.

Website: <http://www.mind.org.uk/>



Helpline open 24 hours a day, 365 days of the year.

Telephone Helpline: 020 8394 8300

Website: <http://www.samaritans.org>



A charity providing support to both adults and children with bullying at home, in the community, the playground, the workplace or on-line.

Telephone helpline: 0845 22 55 787 (Open 9am to 5pm Monday to Friday)

Website: <https://www.nationalbullyinghelpline.co.uk/>



Advice for school, workplace and cyberbullying.

Telephone helpline: 0808 800 222

Website: <https://www.bullying.co.uk/>



A charity providing support to people with autism

Website: <http://www.autism.org.uk/>