

Resources for participants who are seeking help for mental health problems

General mental health problems:

- **Psychology Today's** directory of therapists, psychiatrists, support groups and treatment centers in several countries:
<https://www.psychologytoday.com/intl/counsellors?domain=content&cc=us&cl=en>

Suicide Prevention:

- **National Suicide Prevention Lifeline:** <http://www.suicidepreventionlifeline.org/> ☎ (US): 1-800-273-TALK (8255)

Specific resources for problems related to sexual interests in children:

- **b4uact's** urgent help site: <https://www.b4uact.org/attracted-to-minors/urgent-help/>
- **Virtuous Pedophiles'** help site: <https://www.virped.org/giving-getting-help.html>
- **Prevention project Dunkelfeld** (only in Germany): <https://www.kein-taeter-werden.de/> ☎ (DE, Berlin): 30 450 529 450
- **Online Self-Management Course of the prevention project Dunkelfeld** (available in multiple languages): <https://troubled-desire.com/en/>
- **Stop it now:** <https://www.stopitnow.org.uk/> ☎ (US): 1.888.PREVENT, ☎ (UK): 0808 1000 900
- **The Aurora Project:** <http://saferlivingfoundation.org/what-we-do/adult-projects/aurora-project/>
- **The Global Prevention Project** <http://theglobalpreventionproject.org/> ☎ (US): 801-272-3500