

Getting started with us is easy.

You can get started in **3 simple steps**:

1. Have a good **read through the [programmes and services](#)** we have and see whether we have something that may be suitable to your needs. Keep detailed notes for any questions you may have for later.
2. **Book an [initial consultation](#)** with one of our mental health specialists who will discuss your situation and needs in further detail and also give you an opinion about which programme or service would be more useful to you and how we can tailor our services to meet your individual needs.
3. Prior to your initial consultation it would help to fill out **our screening form** that will also help us to discuss your situation and problems in a more structured manner. Try to be as thorough and honest as you can on this form so we can best meet your needs later on. We will email you a private link with our screening form prior to your initial consultation appointment.

**If you are in a major crisis at the moment and you do not live nearby London, UK or Athens, Greece, we may still be able to help but it is best if you first seek help from a local health service. The majority of our remote services are intended for people who are not in a major crisis (but you may be mildly to moderately depressed/hypomanic or have other symptoms). Our remote services cannot replace your local primary medical care. If you live nearby Athens, Greece or London, UK our local services can cover all your medical needs (medication, hospital admission, psychotherapy, nutrition/exercise support).**