

If you are struggling yourself (or a relative/spouse of someone struggling) and you would like personal guidance from a GYE staff/volunteer please contact us:

**Email:** [info@guardyoureyes.org](mailto:info@guardyoureyes.org)

**Phone** Hotline US: 1-646-600-8100 / UK: 020-3488-4465

**Chizuk** Hotline US: 646-493-6600 / UK: 0800-029-1601

[Click here](#) to see what the Chizuk hotline provides.