

Comments Policy

Thank you for your interest in submitting a comment to a post. Please be aware of the site's comments policy:

Comments are moderated, and there may be a delay in publishing them.

If you are having a medical or psychiatric emergency, please call 911 or National Suicide Prevention Lifeline at 1.800.273.8255 (TALK) or go to the nearest emergency room. You can also check out the [Resources Page](#) for a list of other places where you can receive help.

Please provide your name in the comment form as you wish for it to appear online. Your email will be kept private.

Your comment will be edited, and might not be published altogether, if it does any of the following:

- Verbally abuses or slanders someone
- Uses defamatory language
- Encourages people, or someone in particular, to harm themselves or others.
- Advertises a product

Comments are **not** a way to receive help or counseling from the website's creator and author, Jenmarie Eadie, LCSW. Jenmarie provides this website as a public service solely to share information and education, not to provide crisis intervention, counseling, or other treatment. She offers counseling only by appointment in her Upland, California office. If you live in California and would like to become a client, please see her website <https://jenmarie-counseling.com>.

Thank you for commenting on Jenmarie-Counseling.com!