

Contact and Support Information

Use this page when you need help with membership, access, privacy, accessibility, content or a complaint.



Online Contact

Visit spacetobreathetherapy.co.uk and use the current contact details or contact form. Using the website route helps ensure your message reaches the correct place if contact details change.

What To Include

Tell us your name, the email connected to your membership, the type of help needed and any relevant page or resource title. For a payment query, include the payment date and amount. Never send your password, full card number or unnecessary medical details.

Access Problems

If paid access has not opened, first check that you are signed in with the account used at checkout. If the problem continues, send a screenshot of the error if you can do so safely, together with your device and browser type.

Response and Accessibility

We will respond as soon as reasonably possible. The Hub is not staffed as an emergency or 24-hour service. If you need a different communication method or reasonable adjustment, explain what would help; you do not need to provide a diagnosis.

Urgent Support

If anyone is in immediate danger, call 999. For urgent mental health help, contact NHS 111 and select the mental health option where available, attend A&E, or use a local crisis service. Do not wait for an email or Hub reply.

Useful Routes

Privacy concerns can also be raised with the Information Commissioner's Office. Consumer concerns may be discussed with Citizens Advice. Safeguarding concerns should be reported to the appropriate local authority or emergency service where necessary.