



Mental Health Matters

Don't Ignore Signs of Stress, Anxiety or Depression

These materials have been gathered from online sources. We would appreciate receiving any additional information you believe should be added and, particularly, would appreciate feedback on specific phone numbers or services if they are no longer available, or have new contact information. We would also like to know asap of any unsatisfactory or negative experiences which might occur. Thank you!

Stress

/stres/

Noun

1. pressure or tension exerted on a material object
2. a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances

Anxiety

/aNG'zīədē/

Noun

1. a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.
2. desire to do something, typically accompanied by unease.

In PSYCHIATRY - a nervous disorder characterized by a state of excessive uneasiness and apprehension, typically with compulsive behavior or panic attacks.

Depression

/dɪˈpreʃn/

Noun

a medical condition in which a person feels very sad, anxious and without hope and often has physical symptoms such as being unable to sleep, etc.

International Emergency Hotlines - by Country

If you or someone you know is suicidal, call one of the numbers below. If someone is in IMMEDIATE danger, please call your country's emergency number.

United States

Emergency: 911

Suicide Hotline: 988

Algeria

Emergency: 34342 and 43

Suicide Hotline: +213 983 2000 58

Angola

Emergency: 113

Argentina

Emergency: 911

Suicide Hotline: 135 - Greater Buenos Aires (only)

Centro de Asistencia al Suicida - rest of the country: 5275-1135

SOS Un Amigo Anonimo - seven days a week from 10am to 7pm: 4783-8888

Armenia

Emergency: 911 and 112

Suicide Hotline: (2) 538194

Trust Social Work and Sociological Research Center: (2) 538194 or (2) 538197

Australia

Emergency: 000

Suicide Hotline: 131114 ([Lifeline](#))

This 24-hour nationwide call service provides access to crisis support, suicide prevention, and mental health support services with [daily online chat service from 7pm to midnight \(Sydney time\)](#).

[Kids Helpline](#) - online chat for crisis support, suicide prevention and counseling service for Australians aged 5-25; also by phone: 1800 55 1800.

[Beyond Blue](#) provides nationwide information and support regarding anxiety, depression, and suicide. It has a helpline which can be reached by calling 1300 22 4636. The helpline is available 24 hours a day, 7 days a week. In addition, the organization also provides online chat from 3 pm to 12 am every day.

The Suicide Call Back Service is a nationwide service that provides professional 24/7 telephone and online counseling to people who are affected by suicide. It has a helpline which can be reached by calling 1300 659 467. The organization also offers online chat and video chat services.

MensLine Australia is a 24/7 telephone and online counseling service for men with emotional health, mental health and relationship concerns. It has a helpline which can be reached by calling 1300 78 99 78. The organization also offers online counseling.

[Austria](#)

Emergency: 112

Suicide Prevention (Telefonseelsorge): 142. Operating 24 hours a day.

Suicide Prevention for Teens: 147 (Rat auf Draht). Crisis number especially for children, juveniles and their attachment figures. Free of charge, operating 24 hours a day.

Fire: 122

Police: 133

Ambulance: 144

[Azerbaijan](#)

Emergency: 112

Youth Crisis Hotline: 510-66-36 - operated by Initiative for Development

[Bahamas](#)

Emergency: 911

Suicide Hotline: (2) 322-2763

Bahrain

Emergency: 999

Bangladesh

Emergency: 999

Ambulance and Fire: 199

Kaan Pete Roi (<http://shuni.org/>) is an emotional support helpline in Bangladesh whose mission is to alleviate feelings of despair, isolation, distress, and suicidal feelings among members of the community, through confidential listening. The helpline is intended for suicide prevention and the promotion of mental health.

Barbados

Emergency: 911

Suicide Hotline - Samaritan Barbados: (246) 4299999

Police: 211

Ambulance: 511

Fire: 311

Belarus

Emergency: 112

Police: 102

Ambulance: 103

Domestic violence: 8 801-100-8801 - Anonymous, 24/7

Children: 801-100-1611 - Anonymous, 24/7

[Emergency Advice](#)

[Counseling Service](#)

Belgium

Emergency: 112

Suicide Hotline/ Stichting Zelfmoordlijn: 1813 - Dutch language only, 24/7

[Dutch Language web chat](#) - Daily from 18:30 to 22:00

[Centre de Prévention du Suicide](#) - French language only, 24/7

- Hotline: 080032123
- Website and Forum

Bolivia

Emergency: 911

Suicide Hotline: 3911270

Teléfono de la Esperanza aims at promoting mental health to the Spanish and Portuguese-speaking world. Bolivians living in Cochabamba and La Paz can call (00 591 4) 4 25 42 42 and 75288084

Bosnia & Herzegovina

Emergency: 124

Suicide Hotline: 080 05 03 05

[Centar Srce](#) - Serbian support organization: 0800-300303

Police: 122

Fire: 123

Botswana

Emergency: 911

Suicide Hotline: +2673911270

Brazil

Emergency*: 188

Police 190

Ambulance 192

* [Centro de Valorização da Vida](#)

Is an emotional and suicidal prevention support NGO founded in 1962 in São Paulo, and recognized as Federal Public Utility in 1973. It offers voluntary and free support, with all communications being confidential.

Contact can be made by phone 24/7, in person in one of the 72 centers around the country, chat via their website, on VoIP (via Skype), and by Email.

Brunei

Suicide Hotline: 145

Ambulance: 991

Police: 993

Bulgaria

Emergency: 112

Suicide Hotline: 0035 9249 17 223

[Bulgarian Red Cross](#) - Provides free consultations related to psycho-social issues and difficulties such as substance addiction, suicide prevention, depression and

for people living with HIV/AIDS. It can also be a first point of contact for situations related to human trafficking.

Burkina Faso

Emergency: 17

Canada

Emergency: 911

[Canadian Association for Suicide Prevention](#) - This website maintains a Canada-wide list of phone numbers and websites related to suicide prevention.

[Kids Help Phone](#) - is a free 24/7 national support service that provides confidential professional counseling, information, referrals and volunteer-led, text-based support to young people in both English and French.

[Crisis Text Line](#) - Powered by Kids Help Phone is a free, confidential 24/7 national crisis-intervention text-message service.

Text: HOME (English) to 686868

Text: PARLER (French) to 686868

[Talk Suicide Canada](#) - website for suicide prevention. Can also be reached -

- Hotline: 1-833-456-4566 24/7
- Text: 45645 - 4 p.m. to midnight ET (only)

[Trans Lifeline](#) website has a toll-free crisis hotline available in the United States and in Canada for transgender people staffed by transgender people. It can also be reached at 1-877-330-6366.

Chad

Emergency: 2251-1237

Chile

National Suicide Hotline: 4141

[Salud Responde](#) (Ministerio de Salud) - 24/7 Chat & Hotline: 600 360 7777

[Línea Libre](#) - es un programa desarrollado por la Fundación para la Confianza.

Contáctanos al

- Email: contacto@linealibre.cl
- Teléfono: 1515
- [Apple App](#)
- [Google Play App](#)

Fundacion Vinculos: info@fundacionvinculo.cl - +569 850 577 69

We work to help those who need help, to inspire through reconnection with love to grow nourishing bonds that generate an "Amoristic Re-evolution" and a better world.

China

Emergency: 110

Ambulance: 120

Suicide Hotline: 800-810-1117

[Suicide Hotlines & Crisis Lines in China](#)

[Lifeline in China](#): Chat daily 10am to 10pm - or call 400 821 1215

Community Center Shanghai (CCS)

Monday - Friday - 9:00 am - 5:00 pm

Pudong Center (021) 3382-1770

Minhang Center (021) 6406-3866

Hongqiao Satellite Center 1367-151-9554

Downtown Counseling Center 136-3631-7474

Website: www.communitycentershanghai.com for more information.

Beijing Suicide Research and Prevention Center

Hotline 24/7 at 800-810-1117 (landline) or 010-8295-1332 (mobile and [VoIP](#)).

Website: <http://www.crisis.org.cn> - is a World Health Organization Collaborating Centre for Research and Training in Suicide Prevention

Shanghai Mental Health Center

Website: <http://www.smhc.org.cn> - serves as a mental health clinic as well as teaching, researching and planning mental health prevention throughout China. They can be reached at 021-64387250.

Shenzhen Mental Health Center

Website: <http://www.szknny.com/> offers 24/7 free professional counseling on 0755-25629459

Guangzhou Crisis Research and Intervention Center

Website: <http://www.gzcrisis.com/> - 24/7 Helpline on 020-81899120 or 020-12320-5. Online counseling is also available with [QQ](#) messenger at 1661042151

Mental Health Center of School of Medicine of Zhejiang University

Website: <http://www.hz7hospital.com/> - 24/7 Hotline on 0571-85029595

Colombia

National Emergency: 123

Suicide Prevention/Counseling for Adults and Children: 141

National toll-free hotline for protection, emergency and counseling. Available 24 hours.

List of Helplines in Colombia

[Sergio Urrego Fundacion](#) - or Call +3117668666. 24/7 helpline for LGBTQ+, Youth or Children.

24/7 Helpline in Barranquilla: +57 (5) 372 27 27

Hotline Bogota: +57 (1) 323 24 25

[Linea 106 - Bogata](#): Dial 106 for Spanish language support for issues such as depression, alcoholism, drug abuse, and suicide that traditional centers might not accomplish.

Congo

Emergency: 117

Costa Rica

La línea Aquí Estoy es un servicio gratuito para el apoyo en la prevención del suicidio, brindado por el Colegio de Profesionales en Psicología.

Lunes a viernes de 2:00 pm - 10:00 pm on (506) 2272-3774.

Website: <https://psicologiacr.com/aqui-estoy/>

Croatia

Emergency: 112

[Plavi Telefon](#) - Call 48 33 888 for support for issues such as depression, alcoholism, drug abuse and suicide that traditional centers might not accomplish.

Cuba

[104](#) Ambulance

[105](#) Fire

[106](#) Police

Cyprus

Emergency: 112

Suicide Hotline: 8000 7773

[Cyprus Samaritans](#) - Call 8000 7773 daily from 4pm to 12am for confidential help.

Czech Republic

Emergency: 112

Medical Emergency: 155

116 111 for kids under 18 and students under 26 years old.

Website: <https://www.linkabezpeci.cz>

Blueline: 9am-9pm: Call 608 902 410 or 731 197 477

Denmark

Emergency: 112

Suicide Hotline: 4570201201

Livslinien offers telephone support 11am-4am on 70 201 201, or online chat.

Ecuador

National Emergency: 11

Teléfono Amigo - nationwide daily from 9:00 to 13:00 and 15:00 to 23:00.

Egypt

Suicide Hotline: 131114

Police: 122

Emergency Health Services: **123**

Foreigners Emergency: **126**

BeFriends hotlines: 762 1602 - 762 1603 - 762 2381

El Salvador

Emergency: 911

Suicide Hotline: 126

Equatorial Guinea

Emergency: 114

Estonia

Emergency: 112

Suicide Hotline: 3726558088 - in Russian 3726555688

Ethiopia

Emergency: 911

Fiji

National emergency: 917

Lifeline is the National Crisis Line for Crisis Support and Suicide Intervention. Free calls 24/7 on 132454

Finland

Emergency: 112

Suicide Hotline: 010 195 202

MIELI Mental Health Finland has provided assistance and support for those dealing with mental health issues and suicide since 1897. They can be reached at 09 2525 0111 (Finnish, 24/7), 09 2525 0112 (Swedish) or 09 2525 0113 (Arabic and English).

France

National Emergency: 112

15: Ambulance

17: Police (Gendarme)

18: Fire

114: Emergency services for deaf using FAX or SMS.

3114: National suicide prevention hotline. A toll-free 24/7 lifeline that provides professional and confidential attention to people in need. This number also caters to the needs of health professionals, worried relatives, people beavered by suicide as well as to anybody else facing this sensitive issue.

Fil santé jeunes: 0800 235 236: anonymous and toll-free number for young people.

Suicide écoute: 01 45 39 40 00 (24-hour): suicide prevention helpline (volunteers).

SOS Suicide Phénix: 01 40 44 46 45 (schedule): suicide prevention through listening and hospitality (volunteers).

Sos amitié: 09 72 39 40 50 (toll-free 24/7 number): distress listening on multimedia platform: phone, email, chat (volunteers).

La Croix Rouge Ecoute: 0 800 858 858: psychological support online, anonymous and free (volunteers).

Germany

National Emergency: 112

Suicide Hotline: 08001810771

National Emergency: 112

Police: 110

[Telefonseelsorge](#) - 24/7 free support on 0800 111 0 111, 0800 111 0 222, 116 123, or by online chat.

Georgia

National Emergency - Ambulance - Fire - Police: 112

Ghana

Emergency: 999

Suicide Hotline: 2332 444 71279

Gibraltar

National Emergency: 112

Ambulance & Fire: 190

Police: 199

[GibSams](#): Online chat or Call **116123** - 6pm-11pm daily. Confidential and anonymous hotline for any issue/problem.

[Childline](#): Call **8008** - 5pm-9pm daily. Confidential and anonymous hotline for minors regarding any issue/problem.

Greece

Emergency: 112 - <https://112.gr/en-us/>

Suicide hotline: 1018 - <http://suicide-help.gr>

Police: 100 - <http://www.astynomia.gr>

Fire: 199 - <https://www.fireservice.gr>

Ambulance: 166 - <https://www.ekab.gr/>

[Cyber Crime Division](#): 11188

[General Secretariat for Family Policy and Gender Equality](#): 15900

[National Helpline for Children](#): 1056

[SOS Lifeline for the Elderly](#): 1965

Support line for the LGBT community: 11528

Greenland

Emergency: 134

Guinea

Emergency: 117

Guyana

Emergency: 999

Suicide Hotline - 24 hours a day: +592 223-0001 or +592 223-0009, or by calling or texting +592 600-7896 or +592 623-4444.

The Guyana Inter-agency Suicide Prevention Helpline was launched by the Guyana Police Force in 2015 to help those struggling with suicidal thoughts.

Holland

Suicide Hotline: 09000767

Hong Kong

Emergency: 999

Suicide Hotline: +852 2382 0000

[The Samaritans Hong Kong](#) is available 24/7 by calling +852 2896 0000.

[The Samaritan Befrienders Hong Kong](#) is available 24/7 at +852 2389 2222.

[Caritas Crisis Hotline](#) is available 24/7 at 18288.

Hungary

Emergency: 112

Suicide Hotline: 116123

[LESZ](#): Call 116-123 or 06 80 810-600 24/7, E-mail: sos116123@gmail.com

Anonymous helpline providing emotional support for those who are stressed, distressed, depressed, or suicidal. The association works together with 22 services to provide the necessary help.

[Blue Line](#): Call 116-111 - 24/7. Anonymous child crisis helpline providing emotional support for young people who are in need of someone to listen to them, provide comfort, give suggestions or if they're just simply curious about topics regarding their surrounding. Chat and E-mail available on the website, but registration is needed. Adults concerned about the mental or physical safety of children can call **116-000**.

Iceland

National Emergency: **112**

[Red Cross Suicide Helpline](#) (Hjálparsími Rauða Krossins): Call **1717**

The Pieta Organization: 552 2218

India

Emergency: 112

Suicide Hotline: 8888817666

- **Kiran:** 1800-599-0019. A national 24/7 toll free helpline launched by the Ministry of Social Justice and Empowerment to help people with suicidal thoughts, depression and other mental health issues.
- **Befrienders India:** contains contact numbers of local crisis helplines in 15+ cities in India.
- **Samaritans Mumbai:** Call +91 8422984528, +91 8422984529, +91 8422984530 - 3 pm to 9 pm daily. Email: samaritans.helpline@gmail.com. Helpline providing emotional support for those who are stressed, distressed, depressed, or suicidal.
- **AASRA:** +91-22-27546669 - 24/7 professional and confidential services.
- **1Life:** +91 78930 78930 - 24/7 helpline for suicide prevention and crisis support
- **Vandrevala Foundation:** Call +91 9999666555 - 24/7
- **Mitram Foundation:** Call +91 80 2572 2573 from 10 am to 2 pm, Monday to Saturday.
- **Sneha India:** Call +91 44 24640050 or +91 44 2464 0060 - 24/7
- **Save Indian Family Foundation:** Find contact numbers of local helplines across India. Helping families to avoid suicidal thoughts and overcome societal issues.
- **Lifeline Foundation (Kolkata)** - Tele-helpline providing emotional support to distressed, depressed or suicidal +91 9088030303, 03340447437 - 10am to 10pm daily. Non-judgmental, confidential, free service.
- **iCall:** +91 9152987821 - Mon to Sat from 10 am - 8 pm. Telephone and email based counseling service run by School of Human Ecology, Tata Institute of Social Sciences.
- **Jeevan Aastha Helpline:** 1800 233 3330. Suicide Prevention and Mental Health Support - is an initiative by the Gandhinagar Police Department, Gujarat to provide assistance to those seeking immediate mental health counseling across India
- **Healmind** is an initiative by the students of **National Institute for Empowerment of Persons with Multiple Disabilities** in Kerala to help those seeking mental health, not for an active crisis.

- CHILDLINE: Call 1098 - for children in distress. They work with Child Welfare Committee to provide long-term rehabilitation.

Chat-based counseling services (not for an active crisis)

- [Ava - Mental Wellness](#)
- [LonepackBuddy](#)
- [Nowandme](#)
- [It's ok to talk](#)
- [TickTalkTo](#)
- [Therapeer](#)

Indonesia

Emergency: 112

Suicide Hotline: 1-800-273-8255

Kementerian Kesehatan: 150-0454

Iran

Police: 110

Suicide Hotline: 00989127181037

Health Crisis: 104

Ambulance: 115

Iran Organisation of Well Being

provides various methods by which individuals can use the specialists' services free of charge for a variety of problems such as marriage, family, the youth and children, suicide, etc.

Call Hotline: 1480 daily from 6 am until 9 pm.

In person: Find the closest location on their website: [State Welfare Organization](#).

Register here: [Moshavereh Behzisti Iran](#)

Ireland

Emergency: [112](#) and [999](#)

[Samaritans](#) provides emotional support to anyone in distress or at risk of suicide throughout Ireland. Phone 116 123 from Ireland and Northern Ireland

[National Crisis Intervention](#): Text 50808 - or - Text HELLO to 50808 for free & confidential 24/7 text-message service.

Israel

Emergency: 100

Ambulance: 101

[Suicide Hotline](#): Call 1201 in Ireland & the North - or +97298891333 from abroad - 24/7 including holidays.

SMS service: Text 076-88444-00 Sunday - Friday between 14:00-18:00.

Italy

Emergency: 112

Suicide Hotline: 800860022

[Servizio per la Prevenzione del Suicidio](#) (SPS) - Suicide prevention helpline whose mission is to give psychological and emotional support to anyone in suicidal crisis or to anyone who lost a dear one for suicide, through a confidential listening from a team of doctors, psychologists and volunteers. The helpline is operating from 9.30 am till 4.30 pm, from Monday to Friday, and it can be reached from all regions of Italy.

[Samaritans - ONLUS](#) - 800 86 00 22 or 06 77208977 - daily from 1pm to 10pm.

[Telefono Amico](#) - 199284284 - provides services daily from 10am to 12am.

Jamaica

Suicide Hotline: 1-888-429-KARE (5273)

Japan

Emergency: 110

Ambulance: 119

Police Consultation in English: 03-3503-8484 - 8:30 to 17:15 Monday - Friday

Suicide Hotline: +810352869090

[Befrienders Worldwide Osaka Suicide Prevention Center](#)

[TELL](#) provides a free, confidential English-language Lifeline service, plus clinical mental health services, for the international community in Japan.

Jordan

Emergency: 911

Suicide Hotline for Families & Children: 110

[Jordan River Helpline](#) - offers services in psychological support and consultation, as well as referrals. The initiative aims to alleviate the effect of risk factors children

in vulnerable families are exposed to, including families facing challenges impairing their parenting, as well as abuse cases.

Kenya

Emergency: 911

[Befrienders Kenya](#): Call +254 722 178 177

Mental Health Department – Kenyatta Hospital: Call +254 20 3000378, +254 20 2051323

Kosovo

Suicide prevention hotline: 080012345

Kuwait

Emergency: 112

Suicide Hotline: 94069304

Latvia

Emergency: 112

Suicide Hotline: 371 67222922

[Skalbes.lv](#) - +371 67222922 or +371 27722292 - 24/7 Support services.

Lebanon

Suicide Hotline: 1564

International: +961-1-341941

[Embrace Emotional Support and Suicide Prevention LifeLine](#) - 24/7 support. They accept calls in Arabic, English, or French.

Liberia

Emergency: 911

Suicide Hotline: 6534308

Lithuania

- [Vilties Linija](#): Free and anonymous prevention of suicide and psychological crises for adults by phone. Phone 116 123, 24/7
- [Vaikų liniją \(Childline\)](#): Free and anonymous help to children and teenagers by phone and online. Phone 116 111 11:00 AM to 11:00 PM or [Chat online here](#) (Mon-Fri, 6PM-9PM)

- [Jaunimo linija \(Youth Line\)](#): Free, confidential and anonymous emotional support line for those struggling with daily issues, emotional distress or at risk of suicide. Phone: 8 800 28888 (24/7), [Email or Chat Online](#) Mon - Sat, 6 PM - 10 PM.

[Luxembourg](#)

Emergency: 112

Suicide Hotline: Call +352 45 45 45 Weekdays from 11am to 11 pm; 11am to 3am Fridays and Saturdays. Or visit: [SOS Detresse](#) to chat.

[Madagascar](#)

Emergency: 117

[Malaysia](#)

Emergency: 999

Suicide Hotline: (06) 2842500

[Befrienders Hotline](#) can be reached 24/7 at 03-79568144 or 03-79568145.

Confidential hotline.

[MIASA](#) 1-800-820066 offers a 24/7, crisis hotline and counseling services. Also provides WhatsApps crisis.

[Buddy Bear](#) 03-9779 5550 Offers Children 12PM to 12AM everyday, crisis hotline, facebook messaging works as well.

[Lifeline Association](#) Counseling Hotline for suicide. Phone Number: 03-42657995
011-3157 1495 / 016-720 1495

[Malaysia Mental Health Association](#) serves as a counseling service for mental health.

[Mali](#)

Emergency: 8000-1115

[Malta](#)

Emergency: 112

Suicide Hotline: 179

[Mauritius](#)

Emergency / Police: 112

Suicide Hotline: +230 800 93 93

Ambulance: 114

[Befrienders Mauritius Helpline](#) - Call +230 800 93 93 from 09:00 to 21:00 daily.
Helpline for English and French speakers.

Mexico

Emergency: 911

Suicide Hotline: 5255102550

[SAPTEL](#) is an independent care provider subsidized by the Mexican Red Cross providing crisis dialogue or treatment for anything related to mental health crisis. This free service can be reached 24/7 at (55) 5259-8121.

[UAM](#): Chat online Monday - Friday 9:00 am to 5:00pm, or Call 55 25 55 80 92, 55 58 04 64 44, or 55 39 42 03 39.

Instituto Nacional de Psiquiatria: Teléfono (55) 5655-3080 o (800) 953-1704

Morocco

[Befrienders Casablanca](#) (Sourire de Reda): Landline: +212 (5) 22 87 47 40 from 09:00 to 17:00 Monday - Friday. Mobile: +212 (6) 62 58 95 70 from 09:00 to 17:00 Monday - Friday. Languages spoken: French, Arabic.

Netherlands

Emergency: 112

[Suicide Hotline \(Stichting\)](#) : Call 800 0113 - 24/7 for free suicide prevention. Call hotline can also be reached at 113 (fees apply) or by [WebChat](#).

New Zealand

Emergency: 111

Suicide Hotline: **1737** call or text for 24/7 support from a trained counselor.

[1737](#) is also the national mental health and addictions helpline.

[Lifeline Aotearoa](#) - Call 09 5222 999 in Auckland; or 0800 543 354 outside of Auckland.

Provides free 24-hour counseling and phone help lines which offer support, information and resources to people at risk of suicide, family and friends affected by suicide, and people supporting someone with suicidal thoughts and/or suicidal behaviors.

[Samaritans Aotearoa New Zealand](#) offers free confidential, non-judgemental & non-religious support for people experiencing loneliness, depression, despair,

distress or suicidal feelings. Call 0800 72 66 66 to access the 24/7 hotline operated by trained volunteers.

[Youthline](#) Call 0800 376 633 or text 234.

[The Lowdown](#) provides assistance in dealing with issues such as relationships, anxiety, and depression. They are available by e-mail or texting 5626.

[Niger](#)

Emergency: 112

[Nigeria](#)

Suicide Hotline: +234 8092106493

List of [Government Sponsored Hotlines and In-Person Counseling](#)

[Northern Ireland](#)

Suicide Hotline: +4408457909090

Freephone Samaritans: 116 123

[Samaritans](#) provides emotional support to anyone in distress or at risk of suicide.

[Norway](#)

Emergency: 112

Suicide Hotline: +4781533300

Police: 112

Ambulance: 113

[Mental Helse](#) (Mental Health) - Can be reached at 116 123 24/7 and by Email on this site: <http://sidetmedord.no>. Users can write messages anonymously and get answers within 48-hours. A chat-service operates Mondays from 19.00 - 22.00 and Wednesdays: from 19.00 - 22.00. The chat-services may not always be open in July and on public celebration days or Sundays.

[Kirkens SOS](#) (The Church SOS) - Can be reached 24/7 at 22 40 00 40. The line is free to call and confidential. They also provide an anonymous [message service](#) (which replies within 24-hours) 24 /7; and a [chat](#) that is open daily from 18.30 to 22.30.

[Pakistan](#)

Emergency: 115

Police: 15

Fire: 16

Ambulance: 1122

[Umang Hotline Pakistan](#) is a non-governmental organization (NGO) that operates a free mental health helpline 24/7. It is run by clinical psychologists, therapists, counselors and psychiatrists. Call their helpline on (92) 0311 7786264 / 0311 (77UMANG).

Peru

Emergency: 113

Philippines

Emergency: 911

Suicide Hotline: 028969191

[National Center for Mental Health](#) - 24/7 Crisis Hotline: (02) 7989-USAP (8727) or 0917 899 USAP (8727)

[The Natasha Goulbourn Foundation](#) provides 24/7 assistance to those who call (02) 8804-HOPE (4673) or 0917 558 HOPE (4673)

Manila Lifeline Centre: (02) 8896-9191

[In Touch Community Services](#) 24/7 Crisis Hotline: (02) 8893 7603, 0917 800 1123 or 0922 893 8944

Poland

Emergency: 112

Suicide Hotline: 5270000

[Olsztynski Telefon Zaufania 'Anonimowy Przyjaciół'](#) provides 24/7 assistance by calling 89 19288 or 89 527 00 00.

[Foundation 'Dajemy Dzieciom Siłę'](#) provides psychological help for children under 18 who are in crisis, subjected to home violence, or bullying. It can be reached 24/7 on 116 111.

Portugal

Emergency: 112

Suicide Hotline: 21 854 07 40 and 8 96 898 21 50

[Voz de Apoio](#) is anonymous and confidential. You can speak to them by calling 225 50 60 70 or through Skype, in person, or writing.

[SOS Voz Amiga](#) is available daily from 4pm to 12am by calling 213 544 545, 912 802 669, or 963 524 660. Free Green Line callers can call 800 209 899 from 9pm to 12am.

[SOS Estudante](#) provides anonymous, confidential support every day from 8pm to 1am by calling 915 246 060, 969 554 545, 239 484 020 as well as through Skype.

[Qatar](#)

Emergency: 999

[Romania](#)

Emergency: 112

Suicide Hotline: 0800 801200

[Alianța Română de Prevenție a Suicidului](#) Helpline offers psychological and emotional support to those who are suicidal or in a psychological crisis. Help is offered by psychologists and Psychology student volunteers. They can be reached at 0800 801 200 from 19:00 to 07:00.

[Asociația de Suicidologie](#) Non-governmental organization (NGO) offers emergency counseling to anyone, regardless of age, who are in a psychological crisis and may express suicidal ideation. Their helpline, [Prevenire Suicid](#) can be reached 24/7 at 0800 080 100 or 116 123.

TelVerde antidepresie: 0800 0800 20. A toll-free anti-depression 24/7 hotline.

Helpline anti-anxietate: 0374 456 420. A toll-free anti-anxiety 24/7 hotline.

[Russia](#)

Emergency: 112

Suicide Hotline: 0078202577577

[Saint Vincent and the Grenadines](#)

Suicide Hotline: 9784 456 1044

[Saudi Arabia](#)

Emergency: 112

[Serbia](#)

Suicide Hotline: 911

Ambulance: 194

[List of suicide hotlines](#)

[SRCE Novi Sad Toll-free Helpline](#): Toll Free at 0800-300-303 or (+381)

21-6623-393 from 2pm-11pm daily.

Dr Laza Lazarević Clinic for Suicide Prevention: 011 7777-000

Singapore

Ambulance: 995

Emergency: 999

Suicide Hotline: 1 800 2214444

[The Samaritans of Singapore](#) is the only 24-hour, toll-free, confidential suicide prevention hotline in Singapore, for anyone having difficulty coping during a crisis, who are thinking of suicide or affected by suicide.

[Institute of Mental Health \(Singapore\)](#) also has a 24-hour Mental Health Helpline if you are facing a mental health crisis or emergency.

[The Singapore Association of Mental Health](#) is a voluntary welfare organization that provides a toll-free counseling helpline for those with emotional crisis or mental health conditions.

Senegal

Emergency: 17

Slovakia

Emergency: 112

Police: 158

Ambulance: 155

Fire & Rescue: 150

Linka dôvery (Prešov) - Call 051 / 7731 000 Mon: 7.00 - 15.30, Tue - Thu: 7.00 - 15.00, Fri: 7.00 - 14.30

[IPčko.sk](#) - Suicide prevention and psychological help mainly for youth, providing online chat counseling service from 7am to midnight via the website, and email counseling 24/7 on ipcko@ipcko.sk.

[LDZ](#) - National suicide prevention and counseling, quality advice by psychologists trained in suicide prevention. Call [0800 800 566](tel:0800800566) or Email. podnety@dusevnezdravie.sk.

Slovenia

Emergency: 112

[Zaupni telefon Samarijan in Sopotnik](#) - is open 24/7 on the toll-free number 116 123

for anyone suffering from distress. Calls are confidential, and carried out by qualified volunteers in accordance with the fundamental principles of the international organization [IFOTES](#).

[Klic v duševni stiski](#) - Call (01) 520-99-00 daily from 19:00 - 7:00 to speak with counsellors who are specially trained to work with people who are having suicidal thoughts. However, you can call for help regardless of the cause of your distress.

[TOM - telefon za otroke in mladostnike](#) - Call toll-free on 116 111 daily from 13:00 to 20:00. Supported by the [Association of Friends of Youth of Slovenia](#), this service aims to provide children and adolescents with emotional support who face various questions, dilemmas or distress during the process of growing up. Advisers are available to callers needing to share their problems or are seeking advice and additional information.

[Ženska svetovalnica - krizni center](#) is open 24/7 on +386 31 233 211 for women who are victims of domestic violence. run by female volunteers who work in the field of psycho-social assistance. They offer free counseling, information on public service competencies and assistance in organizing self-help groups to women in need.

South Africa

Emergency / Police: 10111

Suicide Hotline: 0514445691

Suicide Crisis Line: Call 0800 567 567 or SMS 31393

Ambulance: 10177

[The Triangle Project](#) provides a helpline where lesbian, gay, bisexual, transgender and intersex people can talk to a trained professional. The professional will ensure the caller's privacy and can also refer the caller to other support networks. Open on (021) 712 6699 daily from 13:00 to 21:00. The counselor will then call you back.

South Korea

Emergency - Police: 112

Suicide Hotline: (02) 7158600

Ambulance: 119

Medical Emergency for foreigners in Seoul: Call 1339

[Suicide.org](#) has a list of South Korean suicide hotlines.

Counsel24: Call 1566-2525

Lifeline Korea: Call 1588-9191

Mental Health Center Crisis Counseling 24hrs: Call 1577-0199

Ministry of Health & Welfare Call Center 24hrs: Call 129

Spain

Emergency: 112

[Suicide Hotline](#): 024 - or - +914590050

Sri Lanka

Emergency: 112

Suicide Hotline: 011 057 2222662

Suicide Crisis Line: Call 024 - 24/7 - free of charge.

[Teléfono de la Esperanza](#): Call 717 003 717 - 24/7 to discuss a range of challenges from trauma and suicide to relationship issues.

Sudan

Suicide Hotline: (249) 11-555-253

Sweden

Emergency: 112

Suicide Hotline: 46317112400

[Självmordslinjen](#) (Suicide prevention hotline) is a registered non-profit organization that has worked with mental health since 1931. The organization provides a 24-hour email, chat and hotline service, all of which are toll-free at **90101**.

[BRIS - Barnens rätt i samhället](#) (Children's right in society) offer toll-free and anonymous support for all children and young adults up to the age of 18 through phone and chat daily from 14:00 - 21:00 on 116 111. They also offer contact to curators through email and contact with other youth through their online forum.

Switzerland

Emergency: 112

Ambulance: 144

[Heart2Heart](#): 143 Call helpline for any kind of life crisis and mental health problems, offering support from 6am to 11pm anonymously and free of charge.

Taiwan

Emergency: 119

[MOHW Suicide Prevention Hotline](#): Call 1925

Taiwan Lifeline International - Suicide Hotline: Call 1995 or visit their website for more ways to contact them.

Thailand

Emergency: 191

Suicide Hotline: (02) 713-6793

Suicide Hotline Samaritans of Thailand for English speakers: Call (02) 713-6791

Mental Health Hotline (Department of Mental Health, Ministry of Public Health):
1323

National Ambulance Service: 1554

Medical Emergency: 1669

Tonga

Suicide Hotline: 23000

Trinidad and Tobago

Suicide Hotline: (868) 645 2800

Tunisia

Emergency: 197

Turkey

Emergency 112

Social Support Hotline: 183

Uganda

Emergency: 112

Suicide Hotline: 0800 21 21 21

Ukraine

Lifeline: 7333

United Arab Emirates

Emergency: 112 or 911

Suicide Hotline: 800 46342

National Committee for the Promotion of Mental Health: Call 920033360

For Indian expats: Call 800 46342

United Kingdom

Emergency: 112 or 999

111, Option 2 - is the National Health Services' First Response Service for mental health crises and support. This is not available in all areas of the country yet.

Suicide Hotline: 0800 689 5652

[National Suicide Prevention Helpline UK](#) can be reached on 0800 689 5652. It offers a supportive listening service 24/7 to anyone with thoughts of suicide throughout the UK. This helpline is founded by the charity [Suicide Prevention Bristol](#).

[SOS Silence of Suicide](#) - on 0300 1020 505 - is a registered charity supporting children & adults struggling with poor mental health and suicidal ideation. They provide a standard rate phone support service open 8pm to midnight, Friday to Monday inclusive.

[Samaritans Helpline](#): 116 123 is a registered charity aimed at providing emotional support to anyone in distress or at risk of suicide throughout the United Kingdom. They provide a 24/7, toll-free crisis line, as well as local branches.

[Campaign Against Living Miserably](#) is a registered charity based in England. It was launched in March 2006 as a campaign aimed at bringing the suicide rate down among men aged 15-35. It has a limited-hour phone and web chat options.

- CALM (Nationwide) can be reached at 0800 58 58 58 daily from 5pm to midnight.
- CALM (London) can be reached at 0808 802 58 58 daily from 5pm to midnight.
- CALM webchat can be found at <https://www.thecalmzone.net/help/get-help/> daily from 5PM to midnight.

[Shout](#) is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It is a place to go for those struggling to cope and in need of immediate help. Shout is an affiliate of the [Crisis Text Line](#) in the U.S. Text SHOUT to 85258.

United States

Emergency: 911

Suicide Hotline: 988

[211](#) Emergency referral call center for those not experiencing an immediate life-threatening emergency. Services available vary by state.

The [988 Suicide & Crisis Lifeline](#) is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. It

provides Spanish-speaking counselors, as well as options for deaf and hard of hearing individuals. It is only available in the United States.

A 24-hour in partnership with Contact USA is also available.

- The 988 Suicide & Crisis Lifeline can be reached at 988.
- The Lifeline's previous number, 1-800-273-8255, can still be dialed at anytime.
- Nacional de Prevención del Suicidio: 1-888-628-9454
- Deaf or Hard of Hearing: Use your preferred relay service or dial 711 then 988

The [Veterans Crisis Line](#) is a 24-hour, toll-free hotline that provides phone, web chat, and text options available to military veterans and their families. It provides options for deaf and hard of hearing individuals.

The Veterans Crisis Line can be reached at 988 or 1-800-273-8255, followed by Pressing 1 - by texting to 838255.

[IMAlive Crisis Chatline](#) is a worldwide 24/7, anonymous chatline to help anyone in crisis via instant messaging.

The [Crisis Text Line](#) is the only 24/7, nationwide crisis-intervention text-message hotline - text: HOME to 741-741.

Samaritans USA - provides emotional support to anyone in distress or at risk of suicide throughout the United States.

[The Trevor Project](#) is a nationwide organization that provides a 24-hour phone hotline, as well as 24-hour web chat and text options, for LGBTQ+ and questioning youth.

- The TrevorLifeline can be reached at 1-866-488-7386.
- TrevorChat can be found at <https://www.thetrevorproject.org/get-help-now/>
- TrevorText can be reached by texting START to 678-678

[Trans Lifeline](#) is a nonprofit organization that is created by and for the transgender community, providing crisis intervention hotlines, staffed by transgender individuals. Available in the United States and Canada on +1-877-565-8860.

Uruguay

Linea de Vida 24hrs: Telefono 08000767

Zambia

Emergency: 999

Suicide Hotline: +260960264040

Zimbabwe

Emergency: 999

Suicide Hotline: 080 12 333 333

International Health Resources: Assistance, Hotlines & Services

- [International Suicide Hotlines](#)
- [NO MORE Global Directory](#)
- [Suicide Hotline Numbers - by Country](#)
- [Suicide Hotlines and Prevention Resources Around the World](#)
- [SuicideStop - Call a hotline](#)
- [Wikipedia: List of Suicide Crisis Hotlines](#)

International Help for victims of domestic violence

- [Help Guide - Mental Health Hotlines](#)
- [Hope for Depression](#)

U.S. Resources - Addiction & Mental Health

- [American Psychiatric Association](#) – The largest psychiatric organization in the world, the APA is an association for psychiatrists across the country where professionals share research and establish guidelines for practice.
- [Child Mind Institute](#) – Provides information about treatment options for children with mental health issues.
- [National Alliance on Mental Illness](#) – The nation's largest grassroots organization for people with mental illness and their families. Good resource for descriptions of mental illness and medications for treatment.
- [National Institute of Mental Health](#) – Part of the federal government's National Institutes of Health (NIH). Aims to cure and prevent mental illness, through research and the spread of information.
- [Mental Health America](#) – The oldest mental health organization in the U.S. for people with mental illness.

- [National Center for PTSD](#) – Organization within the U.S. Department of Veterans Affairs created to help survivors of PTSD through education and research.
- [American Society of Addiction Medicine](#) – Professional society for doctors, clinicians, and other professionals. Link provides information on addiction, treatment, and more.
- [Center for Substance Abuse Treatment](#) – Promotes community-centric substance abuse treatment and resources for anyone seeking treatment or information on treatment.
- [Project Know](#) – Resource for alcohol and drug addiction counseling. Connects those seeking help with treatment centers.
- [Open Excellence](#) – The Foundation for Excellence in Mental Health Care is a 501(c)3 charitable organization with a mission to sponsor research and programs that promote better mental health outcomes worldwide. They identify, help develop, and share knowledge with the public about mental health care that best helps people recover and live well in society.
- [Alcoholics Anonymous](#) – Founded in 1935, the AA program focuses on 12 steps to help anyone recovering from alcoholism achieve sobriety.

Recognizing, Preventing and Coping with Stress Depression and Anxiety

WHAT IS IT?

- [22 things to try when you feel depressed](#)
- [Is it Stress or Anxiety?](#)
- [Recognizing and 11 tips for coping with an anxiety disorder](#)
- [What are mood and anxiety disorders](#)
- [Understanding and recognizing mental health issues at work](#)
- [Signs of Mental Illness](#)
- [Warning signs](#)
- [Signs/What to Watch for at work](#)
- [Symptoms of Depression](#)

PREVENTING - SELF CARE

- [Impact of stress, self-care, coping](#)
- [Managing Stress](#)

- Reducing Anxiety
- Self-care - Seeking help and dealing with emergencies.
- Self-care - How and Why to Practice Self Care
- Self-care - Importance of Self Care in Maintaining Positive Mental Health
- Symptoms, Self-care, Coping
- World Health Organization publication: Dealing with stress - in multiple languages

COPING

- Anxiety and/or Depression - descriptions, symptoms and how to cope
- How to cope with Anxiety
- Hidden depression in yourself or others and what to do about thoughts of suicide
- Recognizing and 11 tips for coping with an anxiety disorder
- Supporting others who have depression

Specialized Resources - by category

DISABILITIES

- CDC - Mental Health for All
- Disability and Depression - stats
- Reduce Anxiety & Depression for Family Caregivers for People with Disabilities

BIPOC

- BIPOC Mental Health Trends
- BIPOC Resources: New Hampshire Chapter of the National Alliance on Mental Illness
- Why do BIPOC Communities Have Difficulty Accessing Care

LGBTQ+

- Identity and Cultural Dimensions - LGBTQI
- LGBT Adults Report Anxiety & Depression during Pandemic
- Shocking Rates of Attempted Suicide Among Trans Adolescents
- The Trevor Project

SENIORS

- [How to Spot Depression in Seniors](#)
- [CDC - On Depression in Older Adults](#)
- [Help Guide - Depression in Older Adults](#)
- [National Institute on Aging - How the Aging Brain Affects Thinking](#)
- [NCOA - How Common is Depression in Older Adults](#)
- [WebMD - Depression in Older People](#)

VETERANS & MILITARY FAMILIES

- [Former VA secretaries urge Senate to designate day to help veterans, service members at risk of suicide](#)
- [Hopkins Medicine - Mental Health Disorder stats](#)
- [National Institute for Mental Health: Any Anxiety-Disorder](#)
- [Study finds 37% greater veteran suicide rate than reported by VA](#)
- [Understanding Anxiety/Depression](#)
- [Veterans Living Overseas.](#)
- [VA releases report showing decrease in Veteran Suicides, names suicide prevention grantees and finalists.](#)
- [VA Benefits for Elderly Veterans](#)

YOUTH

- [CDC: Depression in Children](#)
- [10 ways for teens to manage stress](#)
- [Fact sheet for teens and young adults](#)
- [Signs of Anxiety in Teenagers](#)
- [Student Stress Statistics](#)