

Mental Health & Suicide Intervention Resources.

Organized alphabetically by country, with US, CA, & UK at the top for convenience.

- **United States-** 911 is the national emergency number in the United States.

211 is a phone number in the United States for people in crisis who need emergency referrals to social and community services but are not experiencing an immediate life-threatening emergency. Services available vary by state.

The National Suicide Prevention Lifeline (<http://suicidepreventionlifeline.org/>) is a 24-hour, tollfree, 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 Online Chat in partnership with Contact USA is also available.

- The National Suicide Prevention Lifeline can be reached by call or text via 988.
- Nacional de Prevención del Suicidio: 1-888-628-9454
- Deaf or Hard of Hearing: Use your preferred relay service or dial 711 then 1-800273-8255
- The Veterans Crisis Line (<https://www.veteranscrisisline.net/>) is a 24-hour, toll-free hotline that provides phone, webchat, 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 1-800-273-8255, followed by Pressing 1.
 - The hotline will be available to be reached by dialing 988 by July 2022. The 988 number is currently activated on T-Mobile US. Like calling the other phone number, the Veterans Crisis Line can be reached by pressing 1 after calling the 988 phone number.
 - The hotline can also be reached by texting to 838255.

The Crisis Text Line (crisistextline.org) is the only 24/7, nationwide crisis-intervention textmessage hotline.

- The Crisis Text Line can be reached by texting HOME to 741-741 or 988.

Samaritans USA (<http://www.samaritansusa.org/>) is a registered charity aimed at providing emotional support to anyone in distress or at risk of suicide throughout the United States.

The Trevor Project (<http://www.thetrevorproject.org/>) is a nationwide organization that provides a 24-hour phone hotline, as well as 24-hour webchat and text options, for lesbian, gay, bisexual, transgender 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

The Trans Lifeline (<https://www.translifeline.org/>) 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.

- The Trans Lifeline can be reached at 1-877-565-8860.
- **Canada-** 911 is the national emergency number in Canada.

Kids Help Phone (<https://kidshelpphone.ca/>) is a free 24/7 national support service that provides confidential professional counselling, information, referrals and volunteer-led, textbased support to young people in both English and French.

Canada Suicide Prevention Service can be reached at 1-833-456-4566 or 45645 (Text, 4 p.m. to midnight ET only) (<http://www.crisisservicescanada.ca/>) nationwide suicide prevention and support network.

Crisis Text Line powered by Kids Help Phone (crisistextline.ca) is a free, confidential 24/7 national crisis-intervention text-message service.¹ It can be reached by texting HOME (English) or PARLER (French) to 686868.

- **United Kingdom-** 999 and 112 is the national emergency number in the United Kingdom

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.

National Suicide Prevention Helpline UK is a helpline offering a supportive listening service to anyone with thoughts of suicide throughout the UK and is open 24/7. This helpline is founded by the charity Suicide Prevention Bristol <https://www.spbristol.org/>

National Suicide Prevention Helpline UK can be reached on 0800 689 5652.

Samaritans (<http://www.samaritans.org/>) is a registered charity aimed at providing emotional support to anyone in distress or at risk of suicide throughout the United Kingdom.^[43] They provide a 24/7, toll-free crisis line, as well as local branches.

- Samaritans Helpline can be reached at 116 123.
- Samaritans' previous hotline number, 08457 90 90 90, is no longer in use. Calling this line may result in charges for call forwarding.

Shout (<https://www.giveusashout.org/>) 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

- **Algeria**- Suicide Hotline Algeria: 0021 3983 2000 58
- **Argentina**- Centro de Asistencia al Suicida by calling 135 (Greater Buenos Aires) or 52751135 (rest of the country).
- **Armenia**- Trust Social Work and Sociological Research Centre: can be reached at (2) 538194 or (2) 538197
- **Australia**- 000 is the national emergency number in Australia.

Lifeline is a 24-hour nationwide service that provides access to crisis support, suicide prevention and mental health support services. It can be reached at 13 11 14. They also offer an online chat service from 7pm to midnight Sydney time every day.

Kids Helpline is a 24-hour nationwide service that provides access to crisis support, suicide prevention and counselling services for Australians aged 5–25. It can be reached at 1800 55 1800. In addition, the Kids Helpline does also provide online chat services.

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 organisation 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 counselling to people who are affected by suicide. It has a helpline which can be reached by calling 1300 659 467. The organisation also offers online chat and video chat services.

MensLine Australia is a 24/7 telephone and online counselling 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 organisation also online counselling.¹

Talk Suicide offers free support from a counsellor who can meet you at your home, a local park or coffee shop. Their counsellors specialise in talking with people who may be experiencing thoughts of suicide and they can keep in touch with you as often as you need. They can also provide support to family and friends. The link to make a self-referral is <https://suicidepreventionpathways.org.au/make-a-referral> or they can be contacted by phoning 1800 008 255

- **Austria**- 112 is the national emergency number in Austria.

142 is the number of Telefonseelsorge in Austria. Free of charge, operating 24 hours a day.^[14]

147 is the number of Rat auf Draht, a crisis number especially for children, juveniles and their attachment figures. Free of charge, operating 24 hours a day

- **Azerbaijan- 112** is the national emergency number in Azerbaijan.

510-66-36 is the official youth crisis hotline operated by Initiative for Development.

- **The Bahamas- 911** is the national emergency number in The Bahamas.

National Suicide Hotline: 322-2763

- **Bahrain- 999** is the national emergency number in Bahrain.
- **Bangladesh- 999** is the national emergency number in Bangladesh. 199 is the national number for ambulance and fire.

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-211** is the number to contact police in Barbados.

Samaritans of Barbados: (246) 4299999

- **Belarus- Call 102** for police and 103 for ambulance if needed
- **Belgium- Centre de Prévention du Suicide** provides a 24/7 national suicide prevention phone line for French language.

The Center for the Prevention of Suicide hotline can be reached at 080032123.

The Center for the Prevention of Suicide website and Forum can be found at <https://www.preventionsuicide.be/fr/j-ai-besoin-d-aide.html>

- **Bosnia & Herzegovina- 122** is the national police number in Bosnia and Herzegovina.

0800-300303 is the number of Centar Srce.

- **Bolivia- 911** is the national emergency number in Bolivia.

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

- **Botswana- 911** is the national emergency number in Botswana.

3911270 is the national lifeline.

- **Brazil-** 188 is a national emergency number in Brazil.

Centro de Valorização da Vida (<http://www.cvv.org.br/>)

- **Brunei-** 991 is the emergency number for ambulances

993 is the emergency number for police

145 is the national suicide hotline

- **Bulgaria-** Bulgarian Red Cross (<https://www.redcross.bg/activities/activities5/telefon.html>) is providing free consultations related to psycho-social issues and difficulties such as substance addiction, suicide prevention, depression and for people living with HIV/AIDS. The Red Cross can also be a first point of contact for situations related to human trafficking.

112 is the national emergency number in Bulgaria.

- **China-** 110 is the national emergency number in mainland China.

Beijing Suicide Research and Prevention Center (<http://www.crisis.org.cn>), a World Health Organization Collaborating Centre for Research and Training in Suicide Prevention, available 24/7 at 800-810-1117 (for landline callers) or 010-8295-1332 (for mobile and VoIP callers)

Lifeline China (<https://www.lifelinechina.org/>) available 10am to 10pm every day at 400 821 1215.

Shanghai Mental Health Center (<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 (<http://www.szknvy.com/>) free professional counseling available 24/7 at 0755-25629459

Guangzhou Crisis Research and Intervention Center (<http://www.gzcrisis.com/>) available 24/7 at 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 (<http://www.hz7hospital.com/>) available 24/7 at 0571-85029595

- **Colombia-** 123 is the national emergency number in Colombia.

106 provides support for issues such as depression, alcoholism, drug abuse, and suicide that traditional centers might not accomplish.

- **Fiji-** 917 is the national emergency number in Fiji.

Lifeline Fiji runs the National Crisis Line, Crisis Support, and Suicide Intervention line. Free calls at any time on 132454

- **Finland-** 112 is the national emergency number in Finland.

Finnish Association for Mental Health has provided assistance and support for those dealing with mental health issues and suicide since 1897. They can be reached at 010 195 202 (Finnish) or (09) 4135 0501 (foreigners).

- **France-** 112 is the national emergency number in France, 15 is the number for ambulances, 114 for all emergency services for deaf using FAX or SMS and 17 is for police.

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 : 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-** 112 is the national emergency number for fire and ambulance in Germany. 110 is the national emergency number for police.

Telefonseelsorge (<http://www.telefonseelsorge.de/>) (24/7, no cost): 0800 111 0 111, or 0800 111 0 222, or 116 123, or by online chat at <https://online.telefonseelsorge.de/>

- **Ghana-** 999 is the national emergency number in Ghana.

National Lifeline: 2332 444 71279

- **Greece-** 1018 is the Suicide hotline. (<http://suicide-help.gr>)

112 is the National emergency number. (<https://112.gr/en-us/>)

- **Greenland-** 134 is the national crisis number for Greenland.

- **Guyana-** 999 is the national emergency number in Guyana.

Inter-agency Suicide Prevention Help Line was launched by the Guyana Police Force in 2015 to help those struggling with depression. They can be reached 24 hours a day by calling 223-0001, 223-0009, or 223-0818, as well as 600-7896 or 623-4444 by cellphone.

- **Hong Kong-** 999 is the national emergency number in Hong Kong.

The Samaritans Hong Kong (<https://samaritans.org.hk>) is available 24/7 by calling 2896 0000.

The Samaritan Befrienders Hong Kong is available 24/7 at 2389 2222.

- **Hungary-** 112 is the national emergency number for Hungary. Call 112

LESZ (<https://sos116-123.hu/>): Call 116-123 or 06 80 810-600 24/7, E-mail: sos116123@gmail.com - Anonym 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 (<https://kek-vonal.hu/>): Call 116-111 24/7 - Anonym 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 Number: Call 112
Hjálparsími Rauða Krossins (Suicide help line): Call 1717

- **India**- 112 is the national emergency number for India. Call 112.
Samaritans Mumbai: (samaritansmumbai.com) - +91 8422984528, +91 8422984529, +91 8422984530 - 3 pm to 9 pm, all days. samaritans.helpline@gmail.com. Helpline providing emotional support for those who are stressed, distressed, depressed, or suicidal.

Lifeline Foundation (Kolkata): (www.lifelinefoundation.in) - Tele-helpline for providing emotional support to distressed, depressed or suicidal +91 9088030303, 03340447437 10am to 10pm all days of the week. Non-judgemental, confidential, free service.

- **Iran**- 110 and 115 are the national emergency numbers for police and ambulances in Iran.^[30]

The Iran National Organization of Well-Being, has provided various methods by which the individuals can use the specialists' services free of charge for a variety of problems such as marriage, family, the youth and children, suicide, etc. including online, in person and by phone.^[31]

- Online: By registering at Moshaver.behzisti.ir
- In person: By finding the closest location in [The Iran National Organization of Well-Being website](#).
- By phone: Calling 1480. This hotline is open from 6 am until 9 pm everyday and its services are reached from all provinces of Iran.

- **Ireland**- 112 and 999 are the national emergency numbers in Ireland.

Samaritans (<http://www.samaritans.org/>) is a registered charity aimed at providing emotional support to anyone in distress or at risk of suicide throughout Ireland.

Freephone 116 123 for Samaritans anywhere in Ireland or Northern Ireland.

50808 (<https://text50808.ie/>) is a free, confidential 24/7 national crisis-intervention textmessage service. It can be reached by texting HELLO to 50808.

- **Israel-** 100 and 101 are the national emergency numbers for police and ambulances in Israel.

Eran.org.il Suicide line (<https://www.eran.org.il/>) operates 24/7 including holidays and can be reached from all regions of Israel by calling 1201 or [972-9 8891333](tel:972-9-8891333) from abroad. SMS service is given as well during Sunday - Friday between 14:00-18:00 at [076-88444-00](tel:076-88444-00)

- **Italy-** [112](tel:112) is the national emergency number for Italy.

Servizio per la Prevenzione del Suicidio (SPS) (<http://www.prevenireilsuicidio.it/>) is a 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 an equipe 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.

- **Japan-** 110 and 119 are the national emergency numbers for police and ambulances in Japan.

TELL (<http://tellij.com/lifeline/>) provides a free, confidential English-language Lifeline service, plus clinical mental health services, for the international community in Japan

- **Korea-** [112](tel:112) and 119 are the national emergency numbers for police and ambulances in South Korea.

Medical Emergency for foreigners in Seoul: Call 1339

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

Counsel24: Call [1566-2525](tel:1566-2525)

Lifeline Korea: Call [1588-9191](tel:1588-9191)

Mental Health Center Crisis Counseling 24hrs: Call [1577-0199](tel:1577-0199)

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

- **Kenya-** Befrienders Kenya: Call [+254 722 178 177](tel:+254-722-178-177)

Mental Health Department – Kenyatta Hospital: Call [+254 20 3000378](tel:+254-20-3000378), [+254 20 2051323](tel:+254-20-2051323)

National Emergency Number: Call 911

- **Kosovo-** 080012345 is the number of suicide prevention.
- **Latvia-** 113 is the national emergency number in Latvia.

Skalbes.lv (<http://www.skalbes.lv/>) is available at [+371 67222922](tel:+371-67222922) or [+371 27722292](tel:+371-27722292), 24 hours a day on all weekdays.

- **Lebanon-** Suicide Hotline Lebanon (Embrace) : 1564

Embrace LifeLine (<https://embracelebanon.org/>) Is available at 1564 from 12 P.M until 5.30 A.M on all weekdays.

- **Liberia**- 911 is the national emergency number in Liberia.

Lifeline Liberia- 6534308

- **Lithuania**- Vilties Linija: Free and anonymous prevention of suicide and psychological crises for adults by phone. Phone 116 123, 24/7

Vaikų linija (Childline): Free and anonymous help to the 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. Help is being provided by Phone 8 800 28888 (24/7), email or chat online here (Mon-Sat, 6 PM - 10 PM)

- **Malaysia**- 999 is the national emergency number in Malaysia.

Befrienders (<http://www.befrienders.org.my>) offers a 24/7, confidential hotline.

- Befrienders hotline can be reached at 03-79568144 or 03-79568145.

- **Malta**- 112 is the national emergency number in Malta.

Appogg Supportline is 179.

- **Mauritius**- 112 and 114 are the national emergency numbers for police and ambulances in Mauritius.

Befrienders Mauritius (<http://www.befrienders.org/directory?country=MU>) offer a limitedhour crisis helpline for English and French speakers. Befrienders Maritius hotline can be reached at +230 800 93 93 (available from 09:00 to 21:00 daily).

- **Mexico**- 911 is the national emergency number in Mexico.

SAPTEL (<http://www.saptel.org.mx/index.html>) is an independent care provider subsidized by the Mexican red cross. It can be reached at (55) 5259-8121. SAPTEL has been active since 2000. It is totally free and they are available 24 hours a day, 365 days a year. Provides crisis dialogue or treatment for anything related to mental health crisis.

UAM (Lunes a Viernes): Teléfono (55) 5804-644 y (55) 5804-4879 Chat: https://www.uam.mx/lineauam/lineauam_chat.htm

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

- **Morocco**- Sourire de Reda (Befrienders Casablanca) website: <https://www.sourire2reda.org>

Their hotlines: +212 (5) 22 87 47 40 Landline, (from 09:00 to 17:00, Mon. - Fri.) +212 (6) 62 58

95 70 Mobile, (from 09:00 to 17:00, Mon. - Fri.) Languages spoken: French, Arabic

- **Netherlands-** 112 is the national emergency number in the Netherlands.

Stichting 113Online (<https://www.113.nl/>) provides a 24/7 national suicide prevention phone line and webchat.

- 113Online hotline can be reached at 113 or 0800 0113.
- 113Online Webchat can be found at <https://www.113.nl/ik-denk-aanzelfmoord/hulplijn>
- **New Zealand-** 111 is the national emergency number in New Zealand.

1737, need to talk? (<http://www.1737.org.nz>) is the national mental health and addictions helpline. Free call or text 1737 any time for support from a trained counsellor.

Lifeline Aotearoa (<http://www.lifeline.org.nz>) is a New Zealand organisation providing free 24hour counseling and phone help lines. It provides 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 behaviours. Call 09 5222 999 if you live within Auckland or 0800 543 354 for those outside of Auckland.

Youthline (<https://www.youthline.co.nz>) Call 0800 376 633 or text 234.

The Lowdown (<https://thelowdown.co.nz>) provides assistance in dealing with issues such as relationships, anxiety, and depression and are available by e-mail or texting 5626.

- **Norway-** 112 and 113 is the national emergency numbers for police and ambulances in Norway

Mental Helse Mental Helse (Mental Health). Can be reached at 116 123 and is open 24 hours a day, 7 days a week. Mental Helse does also provide an online mail service at <http://sidetmedord.no> where users can write messages anonymously and get answers within 48-hours. A chat-service is also provided. It is open 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.

- **Pakistan-** 15, 115 and 1122 are the national emergency numbers for police and ambulances in Pakistan

Umang Hotline Pakistan (<https://www.umang.com.pk/>) is a Pakistani NGO and has a 24/7 free mental health helpline, It is run by clinical psychologists, therapists, counselors and psychiatrists. Their helpline can be reached at (92) 0311 7786264 / 0311 (77UMANG)

- **Philippines-** 911 is the national emergency number in the Philippines.

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

The Natasha Goulbourn Foundation (<http://www.ngf-hope.org/contact-us/>) 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-** 112 is the national emergency number in Poland.

Olsztynski Telefon Zaufania 'Anonimowy Przyjaciół' (<http://telefonzaufania.org/>) provides 24/7 assistance as the only unit of this type in Poland. They can be reached by calling 89 19288 or 89 527 00 00.

Foundation 'Dajemy Dzieciom Siłę' (<https://fdds.pl/116-111-telefon-zaufania-dla-dzieci-imlodziezy/>) provides psychological help for children (younger than 18) as in crisis, home violence, or bullying. It can be reached 24/7 by dialing 116 111.

- **Portugal-** 112 is the national emergency number in Portugal.

Voz de Apoio (<http://www.vozdeapoio.pt>) is anonymous and confidential. You can speak to them by calling 50 60 70 225 50 60 70 or through Skype, face-to-face, or writing.

Sos Voz Amiga (<http://www.sosvozamiga.org>) is available daily from 4pm to 12am by calling 544 545 213 544 545, 802 669 912 802 669, or 524 660 963 524 660. Free Green Line callers can call 209 899 800 209 899 from 9pm to 12am.

Sos Estudante (<http://sosestudante.pt>) provides anonymous, confidential support every day from 8pm to 1am by calling 246 060 915 246 060, 554 545 969 554 545, 484 020 239 484 020 as well as through Skype.

- **Romania-** 112 is the national emergency number in Romania.

Alianța Română de Prevenție a Suicidului (<http://www.antisuicid.com/>) is a Romanian support helpline whose mission is to give 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 and are available between 19:00 and 07:00.

Asociația de Suicidologie (<http://www.preveniresuicid.eu/pagina-principala/>) is a Romanian NGO whose mission is to offer emergency counseling to those, regardless of their age, who are in a psychological crisis and may express suicidal ideation. Their helpline, Prevenire Suicid, can be reached at 0800 080 100 or 116 123 and is available 24/7.

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

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

- **Russia-** 112 is the national emergency number in Russia.

051 (or 8495051) is a 24-hour emergency number for Moscow residents

Samaritans (Cherepovets) 9am-9pm: 007 (8202) 577-577

Suicide helpline: Call (495) 625 3101

Free psychological help online: <http://migsovet.ru/>

- **Serbia**- SRCE Novi Sad 2pm-11pm: (+381) 21-6623-393 Toll-free: 0800-300-303 (<http://www.centarsrce.org/>)

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

National Ambulance Number: Call 194

- **Singapore**- 999 and 995 are the national emergency numbers for the police and ambulances in Singapore.

The Samaritans of Singapore (<https://sos.org.sg/>) 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."^[36]

The Institute of Mental Health (Singapore) also has a 24-hour Mental Health Helpline (<https://www.imh.com.sg/contact-us/>) if you are facing a mental health crisis or emergency."^{[37][38]}

The Singapore Association of Mental Health (<http://www.samhealth.org.sg/>) is a voluntary welfare organisation that provides a toll-free counselling helpline for those with emotional crisis or mental health conditions.^[36]

- **Slovakia**- 112 is the national emergency number in Slovakia

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

IPčko.sk (www.ipcko.sk) - Suicide prevention and psychological help (mainly for youth), providing online chat counseling service from 7am to midnight. IPčko also provides email counseling 24/7 on ipcko@ipcko.sk.

- **Slovenia**- 112 is the national emergency number in Slovenia.

Klic v duševni stiski (<http://www.psih-klinika.si/koristne-informacije/klic-v-dusevni-stiski/>) is available 7-days a week 19:00 - 7:00. Counsellors of the hotline are trained to work with people and especially trained to talk with people who are having suicidal thoughts. However, you can call for help regardless of the cause of your distress. They are available on the telephone number (01) 520-99-00.

- **South Africa-** 10111 and 10177 are the national emergency numbers for the police and ambulances in South Africa.

The Triangle project (<https://triangle.org.za/about/>) 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. It can be reached at (021) 712 6699 daily from 13:00 to 21:00. The counselor will then call you back.

Suicide Crisis Line: Call 0800 567 567 or SMS 31393

- **Spain-** 112 is the national emergency number in Spain.

Teléfono de la Esperanza (<http://www.telefonodelaesperanza.org>) is open 24 hours a day, 7 days a week, allowing callers to discuss a range of challenges from trauma and suicide to relationship issues. They can be reached by calling 717 003 717.

- **Saint Vincent and the Grenadines-** The Samaritans, St. Vincent: (784) 456 1044
- **Sudan-** Befrienders Khartoum: (249)11-555-253
- **Sweden-** 112 is the national emergency number in Sweden.

Självordslinjen (Suicide prevention hotline) (<https://mind.se/hitta-hjalp/sjalvmordslinjen/>) is a registered non-profit organisation that has worked with mental health since 1931. The organisation provides a 24-hour email, chat and hotline service, all of which are toll-free. Självordslinjen can be reached at 90101.

- **Switzerland-** 112 is the national emergency number in Switzerland.

Die dargebotene Hand (<https://www.143.ch/>): 143 (helpline for any kind of life crisis and mental health problems)

- **Taiwan-** 119 is the national emergency number of the ROC (Taiwan)

MOHW Suicide Prevention Line: 1925 (<https://www.mohw.gov.tw/cp-16-48244-1.html>)

Lifeline: 1995 (<http://www.life1995.org.tw/>)

- **Thailand-** Samaritans of Thailand: (02) 713-6793

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

National Ambulance Service: Call 1554

- **Tongo-** Lifeline: 23000
- **Trinidad and Tabago-** Lifeline: (868) 645 2800
- **Turkey-** National emergency number: 112
- **Ukraine-** Lifeline: 7333

- **United Arab Emirates**- National Committee for the Promotion of Mental Health: Call 920033360

For Indian expats: Call 800 46342

National Emergency Number: Call 112 or 911

- **Uruguay**- Linea de Vida 24hrs: Telefono 08000767 y *0767