

## United States

**Emergency:** 911

Suicide & Crisis Lifeline: 988

**National Domestic Violence Hotline:** 1-800-799-7233

National Hopeline Network: 1-800-SUICIDE (800-784-2433)

Crisis Text Line: Text "DESERVE" TO 741-741

Lifeline Crisis Chat (Online live messaging): <https://suicidepreventionlifeline.org/chat/>

Self-Harm Hotline: 1-800-DONT CUT (1-800-366-8288)

Essential local and community services: 211, <https://www.211.org/>

Planned Parenthood Hotline: 1-800-230-PLAN (7526)

American Association of Poison Control Centers: 1-800-222-1222

National Council on Alcoholism & Drug Dependency Hope Line: 1-800-622-2255

National Crisis Line - Anorexia and Bulimia: 1-800-233-4357

GLBT Hotline: 1-888-843-4564

TREVOR Crisis Hotline: 1-866-488-7386

AIDS Crisis Line: 1-800-221-7044

Veterans Crisis Line: <https://www.veteranscrisisline.net>

TransLifeline: <https://www.translifeline.org> - 877-565-8860

## UK & Republic of Ireland

**Emergency:** 112 or 999

Non-emergency: 111, Option 2

24/7 Helpline: 116 123 (UK and ROI)

Shout: Text "DESERVE" TO 85258

Samaritans.org: <https://www.samaritans.org/how-we-can-help-you/contact-us>

YourLifeCounts.org: <https://yourlifecounts.org/find-help/>

## Argentina

**Emergency:** 911

Recuerde siempre que si usted esta en una situación de emergencia debe comunicarse con los teléfonos: \*107 (SAME-Sistema de Atención Medica de Emergencia), \*911 (Emergencia policial), para atención telefónica inmediata. Si desea orientación telefónica a familiares y amigos, déjenos su mensaje y teléfono. Nos comunicaremos con usted.

Argentina Suicide Hotline: +5402234930430

## Spain

**Emergency:** 112

Telefono De La Esperanza - 717-003-717 - <http://telefonodelaesperanza.org/llamanos>

## Australia

**Emergency:** 000

Lifeline.org: <https://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat>

Lifeline Australia: 13 11 14

YourLifeCounts.org: <https://yourlifecounts.org/find-help/>

Beyond Blue <https://www.beyondblue.org.au/get-support/get-immediate-support>

China

**Emergency:** 110

Beijing Suicide Research and Prevention Center <http://www.crisis.org.cn/> 800-810-1117 (landline) or 010-8295-1332 (mobile and VoIP callers)

Shanghai Mental Health Center <http://www.smhc.org.cn/>

Lifeline Shanghai <https://www.lifeline-shanghai.com/>

Canada

**Emergency:** 911

Crisis Text Line (Powered by Kids Help Phone): Text "DESERVE" TO 686868

YourLifeCounts.org: <https://yourlifecounts.org/find-help/>

Crisis Services Canada: <http://www.crisisservicescanada.ca/en/>

Canadian Association for Suicide Prevention: <https://suicideprevention.ca/need-help/>

South Africa

**Emergency:** 10 111 for police or 10 177 for an ambulance

24hr Helpline: 0800 12 13 14 or SMS 31393 (and we will call you back)

Depression and Anxiety Helpline: 0800 70 80 90

YourLifeCounts.org: <https://yourlifecounts.org/find-help/>

New Zealand

**Emergency:** 111

Lifeline 24/7 Helpline: 0800 543 354

Suicide Crisis Helpline: 0508 828 865 (0508 TAUTOKO)

YourLifeCounts.org: <https://yourlifecounts.org/find-help/>

India

**Emergency:** 112

**Sneha India** (<http://www.snehaindia.org>) is available 24/7 on the phone by calling 91 44 24640050

Germany

**Emergency:** 112

Hotline: 800 111 0111

Hotline: 0800 111 0222

YourLifeCounts.org: <https://yourlifecounts.org/find-help/>

Finland

**Emergency:** 112

Crisis Line: 010 195 202