# Helplines

https://help.unhcr.org/denmark/uk/where-to-find-help-in-denmark/helplines//helplines

You can contact various NGOs or institutions through specific lines to get other forms of help and support, including psychological help:

* If you are having acute thoughts of taking your life or if you know anyone who does, contact 📞112 for urgent assistance, available in Danish and English.
* For medical advice and information about nearest psychiatric emergency unit in Denmark, dial 📞1813, available in Danish and English
* For assistance if you are a survivor of trafficking, contact theDanish Centre against Human Traffickingby dialling 📞7020 2550(working days 08.30-16.00, weekends and holidays 9.00-15.00) or send an e-mail to 📧cmm@socialstyrelsen.dk. Note that if you need to send confidential material to them, contact the above e-mail before doing so.

cmm@socialstyrelsen.dk (mailto:cmm@socialstyrelsen.dk)

* For emotional support if you are feeling mentally unwell or you have thoughts of taking your life, contact:Livslinien(Lifeline) dialling 📞70 201 201(every day, 11.00-05.00) or contact them on their 💬online chat(Mondays to Thursdays 17.00-21.00, and Saturdays to Sundays 13.00-17.00), available in Danish.Psykiatrifonden(Psychiatry Foundation) dialling 📞39 25 25 25(every day, 10.00-14.00) or contact them on their 💬online chat(Mondays and Wednesdays 18:00–22:00, and Tuesdays and Thursdays 14:00–18:00), available in Danish.
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online chat (https://www.livslinien.dk/raadgivning/chatraadgivning)

* For support, if you are in a vulnerable or critical life situation, contactStartlinjen(Starting Line) by dialling 📞35 36 26 00(every day, 16.00-23.00).
* If you are under 18 years old or you know someone who is and needs help or advice, contactBørneTelefonen(Children’s Telephone) by dialling📞116 111(open 24/7) or contact them on their 💬online chat, available in Danish.

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