The “Speak up” helpline is available 24/7 to provide confidential support on what to do and where to go for help.  
Dial **+1 917-367-8910**.  
When dialing internally from UN duty stations in Addis Abba, Bangkok, Beirut, Geneva, New York, Nairobi, Santiago, and Vienna, the extension is **78910**.  
If you are in a peacekeeping or political mission, you may call **1212-78910**.  
You can also reach the helpline through email: [speakup@un.org](mailto:speakup@un.org).