**Resource page statement**

**Sir on resource page (on top before adding the resources I will send) put this note below:**

**If you are in a crisis or any other person may be in danger - don't use this site.**

**These resources can provide you with immediate help**.

**Here is my plan sir.**

**The link (underlined words) will direct the user to another page in the website that has the resources below**

# Get help now

If you are in a crisis or any other person may be in danger the following resources can provide you with immediate help.

## United States

**Emergency:**911  
**Suicide & Crisis Lifeline:**Call or text 988  
**National Domestic Violence Hotline:** 1-800-799-7233  
**Crisis Text Line:** Text "DESERVE" TO 741-741  
**Lifeline Crisis Chat (Online live messaging):** <https://988lifeline.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  
**LGBT 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](https://www.veteranscrisisline.net/)  
**TransLifeline:**[https://www.translifeline.org](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](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