SUICIDE HOTLINES

INDIA

- iCall 9152987821
- AASRA (http://www.aasra.info/): 91-22-27546669 is a 24-hours a day, 7 days a week nationwide voluntary, professional and confidential services.
- Sneha India (http://www.snehaindia.org) is available 24/7 on the phone by calling 91 44 24640050.
- Befrienders India (http://befriendersindia.net/helpline-details.php) contains contact numbers of local crisis helplines in 15+ cities in India
- 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.
- One Life Foundation : 7893078930
- Vandravela Foundation (Gujarat) - 18602662345 , 7304599836 7304599837
- NGO SPACE : LGBT community helpline : 1800111015
- Healing Minds Foundation (SRINAGAR) - 18001807020
- The Sara (Jammu Tawi) : +91-9697-606060
- ASHA Helpline (Chandigarh) : 0172-2735436 , 2735446
- LIFELINE FOUNDATION (KOLKATA) : 033-24637401 , 033-24637432
- Roshni Foundation (Secundrabad) 040-66202001 , 040-66202000
- FORTIS STRESS HELPLINE : +91-8376804102 All Days 24*7 , Over 15 languages (Verified)
- Cooj Mental Health Foundation (Goa) +832 2252525
- Parivarthan - parivarthanblr@gmail.com Helpline Number: +91 76766 02602

THE UNITED STATES

- The National Suicide Prevention Lifeline can be reached at 1-800-273-8255
- The National Suicide Prevention Lifeline (ESP) can be reached at 1-888-628-9454
- The National Suicide Prevention Lifeline (Deaf & Hard of Hearing Options) can be reached at 1-800-799-4889
- The Veterans Crisis Line can be reached at 1-800-273-8255, followed by Pressing 1.
- IMAlive Crisis Chat Line (www.imalive.org) is a non-profit, worldwide 24/7, anonymous chat line to help anyone in crisis via instant messaging.
- The Crisis Text Line (crisistextline.org) is the only 24/7, nationwide crisis-intervention text-message hotline. The Crisis Text Line can be reached by texting HOME to 741-741.
- 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 limited-hour web chat and text options, for lesbian, gay, bisexual, transgender and questioning youth. The Trevor Lifeline can be reached at 1-866-488-7386.
- TrevorText can be reached by texting TREVOR to 1-202-304-1200 (available M-F from 3PM to 10PM ET).

- 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.

UNITED KINGDOM

- 111 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.
- 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. They provide a 24/7, toll-free crisis line. Samaritans Helpline can be reached at 116 123.
- Campaign Against Living Miserably (https://www.thecalmzone.net/) is a registered charity based in England. It was launched in March 2006 as a campaign aimed at bringing the suicide rate down among men aged 15–35. It has a limited-hour phone and webchat options.
- CALM (Nationwide) can be reached at 0800 58 58 58 (available every day from 5PM to midnight).
- CALM (London) can be reached at 0808 802 58 58 (available every day from 5PM to midnight).
- CALM webchat can be found at https://www.thecalmzone.net/help/get-help/ (available every day from 5PM to midnight).
- 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.