

How to translate page: This website should provide some help!

<https://support.google.com/translate/answer/2534559?hl=en&co=GENIE.Platform%3DDesktop>
<https://translate.google.com/>

A

Afghanistan: 24/7: 119

Albania: 24/7: 116 111, Counseling Line for Women and Girls: 116 117

Algeria: Suicide Hotline Algeria: 0021 3983 2000 58

Andorra: 24/7: 112

Angola: 24/7: 113

Antigua and Barbuda: Emergency: 999 or 911, 24/7 care to victims of gender-based and sexual violence: 463-5555

Argentina: Emergency: 911, Suicide Hotline: 135 (greater buenos aires) or 5275-1135 (rest of the country)

Armenia: Emergency: 911 and 112, Suicide Hotline: (2) 538194

Australia: Emergency: 000, Lifeline (24/7 mental health and suicide helpline, chatline can be found online): 13 11 14, Kids Helpline (24/7, chat services online as well): 1800 55 1800, Beyond Blue (24/7 anxiety, depression, suicide helpline): 1300 22 4636

Austria: Emergency: 112, Telefonseelsorge (telephone counseling, 24/7): 142, Rat auf Draht (children and juveniles, 24/7): 147

Azerbaijan: Emergency: 112, Youth Crisis Hotline: 510-66-36

B

Bahamas: Emergency: 911, National Suicide Hotline: 322-2763

Bahrain: Emergency: 999, Helpline: 0097 161 199 188, Helpline: 0097 161 199 260, Helpline: 0097 161 199 191, Helpline: 0097 161 199 334

Bangladesh: Emergency: 999, Kaan Pete Roi (24/7 support): 0198 5375286, Moner Bondhu (24/7 support): +8801776632344

Barbados: Emergency: 911, Suicide Hotline: Samaritan Barbados (246) 4299999

Belarus: Emergency: 112 (police: 102, ambulance: 103), For victims of violence at home: 8 801 100 8 801 (anonymous, 24/7), For children: 801-100-1611 (anonymous, 24/7), <https://6gkb.by/contact-information#>

Belgium: Emergency: 112, Stichting Zelfmoordlijn (suicide helpline): 1813, Stichting Centre de Prévention du Suicide (suicide helpline): 080032123

Belize: Emergency/suicide helpline: 911

Benin: Emergency/suicide helpline: 117

Bhutan: Emergency/suicide helpline: 112
Bolivia: Emergency: 911, Teléfono de la Esperanza: (00 591 4) 4 25 42 42 and 75288084.
Bosnia and Herzegovina: Emergency: 124 (police: 122, fire: 123), Centar Srce: 0800-300303
Botswana: Emergency: 911, national lifeline: 3911270
Brazil: Emergency: 188 (police: 190, fire:191), Centro de Valorização da Vida (24/7 free support): 141
Brunei: Emergency: (police: 993, ambulance: 991), Suicide Hotline: 145
Bulgaria: Emergency: 112, Sofia Hotline (24/7 suicide hotline): 0035 9249 17 223
Burkina Faso: Emergency/suicide helpline: 17
Burundi: Emergency/suicide helpline: 117

C

Cabo Verde: Emergency/suicide helpline: 132
Cambodia: Emergency: 117, helpline: 855 17 222 372
Cameroon: Emergency: 117, Helpline: 17117
Canada: Emergency: 911, Suicide Hotline: 1 (833) 456 4566, Kids Help Phone: text CONNECT for english or PARLER for french to 686868, Crisis Services Canada: Call 1.833.456.4566., Trans Lifeline: (877) 565-8860
Central African Republic (CAR): Emergency: 611253
Chad: Emergency: 2251-1237 or 17, International SOS Clinic: 23522522501
Chile: Emergency: 133 or 911, Teléfono de la Esperanza (hope phone) Hotline: (00 56 42) 22 12 00
China: Emergency: 110, Beijing Suicide Research and Prevention Center: 800-810-1117 (for landline callers) or 010-8295-1332 (for mobile and VoIP callers), Lifeline Shanghai: 10am to 10pm 021-6279-8990, Shanghai Mental Health Center: 021-64387250, Guangzhou Crisis Research and Intervention Center: 020-81899120, Mental Health Center of School of Medicine of Zhejiang University: 0571-85029595
Colombia: Emergency: 123, Hotline (Barranquilla): (00 57 5) 372 27 27, Hotline (Bogota): (57-1) 323 24 25, Hotline (Medellin): (00 57 4) 284 66 00, Hotline (San Juan de Pasto): 3016326701
Comoros: Emergency: 17
Congo (Democratic Republic of the Congo): Emergency: 112
Congo (The Republic of the Congo): Emergency: 117
Costa Rica: Emergency: 911, 112 for cellphones, Hotline: 506-253-5439
Cote d'Ivoire: Emergency: 111 or 170
Croatia: Emergency: 112, Plavi Telefon Hotline: (01) 4833-888
Cuba: Emergency: 106, Hotline: 532 348 14 49
Cyprus: Emergency: 112, Suicide Hotline: 8000 7773 / Military 2345, Hotline: +357 77 77 72 67

Czechia (Czech Republic): Emergency: 112, Modrá Linka Hotline: +420 549241010, Hotline/WhatsApp: +420 608902401, Linka bezpečí Hotline: 116 111, Linka bezpečí Hotline: 116111 (děti a mládež)

D

Denmark: Emergency: 112, Suicide Hotline: 4570201201, Livslinien Hotline: +45 70 201 201

Djibouti: Emergency: 17, The National Union of Djiboutian Women (Listening service): (+253) 21 35 04 21

Dominica: Emergency: 999, Hotline: 333 (Emergency)

Dominican Republic: Emergency: 911, Cell Phones: 112, Línea Familiar Contigo (Family line with you): 8096363507, Línea Vivir (lifeline): 8097792124

E

Ecuador: Emergency: 911, Telefono De La Esperanza, Hotline: 593 2 6000 477, Hotline: (593) 2 2923327

Egypt: Emergency: 122, Befrienders Cairo, Hotline: 762 1602/3, Hotline: 762 2381

El Salvador: Emergency: 911, Suicide Hotline: 126,

Equatorial Guinea: Emergency/Hotline: 114

Eritrea: Emergency/Hotline: 12-77-99

Estonia: Emergency: 112, Eluliin (Estonian Lifeline) Hotline: +372 6558088, USALDUS Hotline: 126 Hotline: 127, Suicide Hotline: 3726558088 ; in Russian 3726555688

Eswatini: Emergency: 999

Ethiopia: Emergency/hotline: 997, Emergency/hotline: 991 (Addis Abeba),

F

Fiji: Emergency: 000 or 911, Lifeline Fiji: 132454, Ba Methodist Lifeline Counselling Service Hotline: (0679) 670565, Wesley Church Counselling Services (Lifeline) Hotline: (0679) 302998

Finland: Emergency: 112, Suicide Hotline: 010 195 202, Itsemurhien ehkäisykeskus, SOS - palvelu Hotline: 09-731391 Hotline: 040-5032199, Suomen Mielenterveysseura Hotline: 01019 5202

France: Emergency: 112, Deaf FAX/SMS: 114, SOS Help Hotline: 01 46 21 46 46, S.O.S Amitié Hotline: 09 72 39 40 50, Suicide Ecoute Hotline: 01 45 39 40 00, E.P.E. idF. Fil Sante Jeunes Hotline: 0800 235 236, Fédération S.O.S Amitié France Hotline: (+33) (0)1 40 09 15 22

G

Gabon: Emergency/Hotline: 1730

Gambia: Emergency: 17, Hotline 117 / 116 (Emergency), Child Helpline Gambia (Ministry Of Women Children And Social Welfare): 199, National Gender-Based Violence Helpline: 1313

Georgia: Emergency: 112

Germany: Emergency: 112, British Armed Forces Link (Germany) Hotline: 0800 181 0771 (to Samaritans) Hotline: 0800 181 0772 (to Samaritans), International Helpline Berlin Hotline: 030-44 01 06 07 Hotline: Russian service: 030-44 01 06 06, Telefonseelsorge Deutschland Hotline: 0800 1110 111 Hotline: 0800 1110 222, Nummer gegen Kummer Hotline (adults): 0800 111 0 550 Hotline (children): 0800 111 0 333

Ghana: Emergency: 999, Lifeline Hotline: 2332 444 71279, Samaritans.org Hotline: 233 244 846 701 (24/7 hotline)

Greece: Emergency: 112, Klimaka NGO Hotline: 1018, Emotional support helpline: 116123, National Telephone Line for Children: 1056, Union of Women Association Hope Line: 801 11 16000

Grenada: Emergency: 911 or 439-1231, Hotline: 911 (Emergency), Sweet Water Foundation - Sexual Abuse Line: (473) 800-4444, Report Sexual Abuse - 400, Domestic Violence - 411.

Guatemala: Emergency/Hotline: 110, Women's Abuse Line: 1572, REDCAHT + Colectivo Hombres Trans - Guatemala (Trans Men Collective): 22519216 open 9am-4pm

Guinea: Emergency/Hotline: 1717 or 122

Guinea-Bissau: Emergency: 117, Hotline: 112 (Emergency), National Network to Combat Violence Based on Gender and Child RENLUV: 245905015, Crisis Lines: 2453215616 or 2453215305

Guyana: Emergency: 911, Guyana Inter-agency Suicide Prevention Hotline Telephone numbers (+592) 223-0001, 223-0009, 600-7896, 623-4444, Inter-agency Suicide Prevention Help Line: text 623-4444 call (592) 600-7896, Guyana 24-Hr Crisis Hotline: (592) 603-3666, Counter-Trafficking in Persons Hotline: 227-4083, 914 Hotline (victims/survivors of sexual offences and domestic abuse): 914

H

Haiti: Emergency: 114, Hotline: 114 / 116 (Emergency), Asistans Sikolojik an IJANS 7am-7pm: 2919-9000

Honduras: Emergency: 199, Telefono De La Esperanza -San Pedro Sula Hotline: (00 504) 2558 08 08 -Tegucigalpa Hotline: 2232-1314 (Of. 2232-2707), Hotline: 504-237-3623

Hungary: Emergency: 112, T.E.S. Miskolc Hotline: (46) 323 888, SOS Telefon Lelkisegely Alapítvány Hotline: (62) 420 111, Magyar Lelki Elsősegély Telefonszolgálatok Szövetségével Hotline: 116 123, Kek Vonal Hotline: 116-111

I

Iceland: Emergency: 112 Cell Phones: 911, Hotline: 1717

India: Emergency: 100 or 108, Lifeline Foundation Hotline: +91 33 2474 4704 Hotline: +91 33 2474 5886 Hotline: 2474 5255, 104 Arogya Sahayavani: 104, 1Life Hotline: 78 9307 8930, SA-MUDRA YUVA Helpline: 9880396331, SAHAI Helpline: 080 – 25497777, Arpita Suicide Prevention Helpline: Helpline 1: 080-40503700 (10am - 1pm) Helpline 2: 080 23655557 (2pm - 5pm), AASRA Hotline: 91-9820466726, Samaritans Mumbai Hotline: +91 84229 84528 Hotline: +91 84229 84529 Hotline: +91 84229 84530

Indonesia: Emergency: 110 Cell Phones: 112, Hotline: 500-454, Government Hotline: 119, Kementerian Kesehatan: 150-0454, Suicide Hotline: 1-800-273-8255, LISA (Love Inside Suicide Awareness) Mental Health and Suicide Prevention Helpline: Tel: 62 811 3855 472 (Bahasa) Tel: 62 811 3815 472 (English)

Iran: Emergency: 110 Cell Phones: 112, Hotline: 00989127181037, Iran Organization of Well Being: 1480, صدای یارا - Yara's Voice: 42152

Iraq: Emergency/Hotline: 112 or 911

Ireland: Emergency: 112 or 999, Samaritans UK & ROI Hotline: +44 (0) 8457 90 90 90 (UK - local rate) Hotline: +44 (0) 8457 90 91 92 (UK minicom) Hotline: 1850 60 90 90 (ROI local rate) Hotline: 1850 60 90 91 (ROI minicom), Samaritans Ireland: 116 123, Suicide Hotline: +4408457909090, Childline: Text 50101 or call 1800 66 66 66, Connect Counselling: 1800 477 477, Pieta (mental health helpline): text 51444 or call 1800 247 247, Teenline Ireland: 1800 833 634, Womens Aid 24hr National Freephone Helpline: 1800 341 900, Helpline: 50808

Israel: Emergency: 100 Cell Phones: 112, "ERAN" (-י"ם) Hotline: 1201 Hotline abroad: 972-9-8891333 Hotline abroad: 972-76-8844400, ARCCI Men's Emergency Hotline: 1203, ARCCI Arab Women's Emergency Hotline: 04-6566813, ARCCI Religious Women's Emergency Hotline: 02-6730002, ARCCI Religious Men's Emergency Hotline: 02-5328000

Italy: Emergency: 112, Samaritans - ONLUS Hotline: 800 86 00 22, Telefono Amico Italia Hotline: 199 284 284, Telefono Azzurro 19696, Numero Anti Violenza E Stalking: 1522, Telefono Amico Cevita: +39 02 99777

J

Jamaica: Emergency: 119, Hotline: 1-888-429-KARE (5273), SafeSpot (for teens and children): text 876-439-5199 or call 888-723-3776, Mental Health and Suicide Prevention Helpline: (888) 639-5433

Japan: Emergency: 110, Befrienders International, Tokyo Hotline: +81 (0) 3 5286 9090, Tell Lifeline Hotline: Counselling: 03 5774 0992 Hotline: Face to Face: 03 3498 0231, ChildLine (for teens and children) open 1am-6am: (012) 099-7777, Life Link: 0120 061 338, Anata no Ibasho: Ibashochat.org

Jordan: Emergency: 911 Cell Phones: 112, Hotline: Amman: 0096 262 508 900, 0096 262 508 902, 0096 262 508 903, 0096 262 508 904, 0096 262 508 939, 0096 262 508 941. Suicide Hotline: 110, JCPA Hotline: text 962795440416 or call 962795440416

K

Kazakhstan: Emergency/Hotline: 112,

Kenya: Emergency: 999, Suicide Hotline: 722178177, Befrienders Kenya Hotline: 020 2051323, SMS: 00254 707 633 692, 00254 733 656 262, 00254 775 388 222

Kiribati: Emergency/Hotline: 992

Kosovo: Emergency/Hotline: 112

Kuwait: Emergency: 112, Suicide Hotline: 94069304

Kyrgyzstan: Emergency/Hotline: 102 or 133

L

Laos: Emergency/Hotline: 21-2706

Latvia: Emergency: 113, Suicide Hotline: 371 67222922

Lebanon: Emergency: 112, Suicide Hotline: 1564 [12 pm (noon) to 2 am]

Lesotho: Emergency/Hotline: 123

Liberia: Emergency: 911, Suicide Hotline: 6534308

Libya: Emergency/Hotline: 1515

Liechtenstein: Emergency/Hotline: 112

Lithuania: Emergency: 112, Vaikų linija (Child line) Hotline: 116 111, Jaunimo linija (Youth line) Hotline: 8 800 28888, Vilties linija (Hope line) Hotline: 116 123, Pagalbos moterims linija (Women's line) Hotline: 8 800 66366, Linija Doverija (Support for Russian-speaking clients) Hotline: 8 800 77277

Luxembourg: Emergency: 112 Suicide Hotline: 352 45 45 45

M

Madagascar: Emergency/Hotline: 117

Malawi: Emergency/Hotline: 999 or 997

Malaysia: Emergency: 999 Suicide Hotline: (06) 2842500

Maldives: Emergency/Hotline: 119

Mali: Emergency/Hotline: 8000-1115 or 17

Malta: Emergency: 112, Suicide Hotline: 179

Marshall Islands: Emergency/Hotline: 911

Martinique: Emergency/Hotline: 17

Mauritania: Emergency/Hotline: 117

Mauritius: Emergency: 112, Suicide Hotline: +230 800 93 93

Mexico: Emergency: 911, Suicide Hotline: 5255102550, Programa Salvemos Una Vida - 9453777, SAPTEL - 018004727835

Micronesia: Emergency/Hotline: 320-2221

Moldova: Emergency/Hotline: 902

Monaco: Emergency/Hotline: 112

Mongolia: Emergency/Hotline: 105

Montenegro: Emergency/Hotline: 112

Montserrat: Emergency/Hotline: 999 or 911

Morocco: Emergency: 19, Centre d'Etude et de Prévention du Suicide

Hotline: 022 382 42 42, Sourire de Reda (Befrienders Casablanca) Hotline: 212 (5) 22 87 47 40, Hotline: 212 (6) 62 58 95 70

Mozambique: Emergency/Hotline: 119

Myanmar: Emergency/Hotline: 999 or 119

N

Namibia: Emergency/Hotline: 1011 or 290-2239

Nauru: Emergency/Hotline: 110

Nepal: Emergency/Hotline: 100 Cell Phones: 112,

Netherlands: Emergency: 112 SMS: 0800 81 12, 113 Suicide Prevention (113 Zelfmoordpreventie) Hotline: 0900-0113, De Kindertelefoon Hotline: 0800-0432 (11am-9pm)

New Zealand: Emergency: 111 Cell Phones: 112 or 911 Deaf SMS: 111 Deaf fax: 0800 161 616 Deaf TTY: 0800 161 610, Hotline: 1737, National Depression Initiative Hotline: 0800 111 757 SMS: 4202, Youthline Hotline: 0800 376633 SMS: 234, KidsLine Hotline: 0800 KIDSLINE (54 37 54)

Nicaragua: Emergency: 911, Hotline: 505-268-6171

Niger: Emergency: 17, substance abuse: 227733201;227723741, domestic and sexual violence: 22720321111;22797388090, mental health: 22720321111;22797388090

Nigeria: Emergency: 112, Hotline: (234) 8062-106-493, Hotline: 0700-THE-JOY-HUB (0700-843-569-482)

North Korea: N/A

North Macedonia: Emergency: 192, Crisis Management Center: 195, National Help Line: 15 315, SOS - Drug Helpline: 0800 11 444 / +(389) 2 3128 067, SOS - Line Against Human Trafficking: 0800 11 111 / +(389) 2 3173 424, SOS - Women and Children Victims of Domestic Violence: 9700 / +(389) 2 15 700

Norway: Emergency: 112, Kirkens SOS Hotline: 22 40 00 40, Mental Helse Helpline: 116 123

O

Oman: Emergency: 999 (Cell Phones: 112)

P

Pakistan: Emergency: 15 (Cell Phones: 112), Umang Pakistan Hotline: +92 317 4288 665

Palau: Emergency: 911

Palestine: Emergency: 970, 972100

Panama: Emergency: 911/104

Papua New Guinea: Emergency: 000, Hotline (Day time only): 675 326 0011

Paraguay: Emergency: 911

Peru: Emergency: 105, Telefono De La Esperanza Hotline: 717 003 717 Hotline: 00 51 1 273 8026

Philippines: Emergency: 117 (Cell Phones: 112 or 911)(SMS: 117), Manila Lifeline Centre Hotline: (02) 8969191 (Hotline: Mobile phone: 0917 854 9191), Hopeline Hotline: 804-HOPE (4673), Hotline: 0917-558-HOPE (4673), Hotline: 2919 (Globe & TM Subscribers)

Poland: Emergency: 997, Olsztynski Telefon Zaufania 'Anonimowy Przyjaciel Hotline: 52 70 000 (Hotline: 52 70 988), Fundacja Dzieci Niczyje Hotline: 116 111, Centrum Wsparcia Dla Osob W Stanie Kryzysu Psychicznego Hotline: 800 70 2222

Portugal: Emergency: 112, Voz de Apoio Hotline: (+351) 225 50 60 70, Telefone SOS Palavra Amiga Hotline: (232) 42 42 82, Linha SOS-Estudante Hotline: (808) 200 204

Puerto Rico: Emergency: 911, PAS line: 1 800 981 0023, MATRIA project: 7874890022

Q

Qatar: Emergency: 999 (Cell Phones: 112), Mental Health Friends Association 'WEYAK': 044878722 (8009395), National Mental Health Helpline: 16000

R

Romania: Emergency: 112, Romanian Alliance for Suicide Prevention (Alianța Română de Prevenție a Suicidului) Hotline: 0800 801 200

Russia: Emergency: 112, Samaritans (Cherepovets) Hotline: 007 (8202) 577-577, Youth Crisis Line Hotline: (7) 0942 224 621, Интернет-служба экстренной психологической помощи Helpline: +7 (495)989-50-50

Rwanda: Emergency: 112, Child Helpline: 116, Gender Based Violence: 3512, Suicide Prevention Hotline: 8015

S

Saint Kitts and Nevis: Emergency: 911

Saint Lucia: Emergency: 999, Hotline: 452 -5433 / 458-2433

Saint Vincent and the Grenadines: Emergency: 911 or 999, The Samaritans, St. Vincent: (784) 456 1044, Suicide Hotline: 9784 456 1044

Samoa: Emergency: 995, SRCE Novi Sad Hotline: (+381) 21-6623-393, Linja Telefonike e Ndihmës (KOAPS) Hotline: (044) 08080, SOS Telephone Hotline: 037 23 025

San Marino: Emergency: 113, Hotline: (626) 300-0731,

Sao Tome and Principe: Emergency: 22-22-22, Suicide Hotline: (239) 222-12-22 ext. 123

Saudi Arabia: Emergency: 999, Psychological Counseling Contact Center Hotline: 920 03 33 60

Senegal: Emergency: 17, Centre Ginddi ALLO: 116, 116, Gindima Enlighten me: 221200365

Serbia: Emergency: 192 or 112, SOS Telephone Hotline: 037 23 025, Linja Telefonike e Ndihmës (KOAPS) Hotline: (044) 08080, Centar SRCE Hotline: 0800 300 303

Seychelles: Emergency: 999

Sierra Leone: Emergency: 019,

Singapore: Emergency: 999 (Cell Phones: 122 or 911),

Slovakia: Emergency: 112, Linka detskej istoty Slovenského výboru UNICEF (bezplatná linka) Hotline: 0800 – 112 112, Linka Detskej Istoty Hotline: 116 111, Linka dôvery Nezábudka Hotline: 0800 800 566

Slovenia: Emergency: 112, Društvo Zaupni telefon Samarijan Hotline: 116 123

Solomon Islands: Emergency: 999

Somalia: Emergency: 888, WAAPO Child Hotline: 334

South Africa: Emergency: 10 111, Cell Phones: 112, Emergency (Cape Town): 107, Childline South Africa Hotline: 08000 55 555, Befrienders South Africa Hotline: 051 444 569, Lifeline Southern Africa Hotline: 0861 322 322, The South African Depression and Anxiety Group (SADAG) Hotline: 0800 567 567 (SMS: 31393)

South Korea: Emergency: 112 or 119, Lifeline National Office Hotline: (82) 51 804 0896, LifeLine Korea Hotline: 1588-9191, Love-Line (Sarang - Jonwha) Counselling Centre Hotline: (2) 715 8600 Hotline: (2) 716 8600 Hotline: (2) 717 8600 Hotline: (2) 718 8600

South Sudan: Emergency: 999, Women Relief Aid WRA: 21192569559

Spain: Emergency: 112, Teléfono de la Esperanza Hotline: 902500002 Hotline: 717 003 717 Hotline: 91 459 00 55, Telefono de ayuda a ninos y adolescentes Hotline: 900 20 20 10 Hotline: 116 111

Sri Lanka: Emergency: 119, Sri Lanka Sumithrayo - Bandarawela Hotline: 011 057 2222662, Sri Lanka Sumithrayo - Colombo Hotline: 011 2692 909 Hotline: 011 2 683 555, Sri Lanka Sumithrayo - Panduwasnuwara Hotline: 037 2291718, Sri Lanka Sumithrayo - Kandy Hotline: (081) 2234 806, Sri Lanka Sumithrayo - Matale Hotline: 066 2223521, Sri Lanka Sumithrayo - Panadura Hotline: (038) 2235291, Sri Lanka Sumithrayo - Colombo South Hotline: 011 401 094 Hotline: 011 4 404 536, Sri Lanka Sumithrayo 'Mel Medura' Hotline: 011 2694665

Sudan: Emergency: 999, Befrienders Khartoum Hotline: (249) 11-555-253

Suriname: Emergency: 112, Kinder-en Jongerentelefoon: 123

Sweden: Emergency: 112, Nagon att tala med Samaritans Hotline: (46) 31 711 2400, Nationella Hjälpplinen Hotline: 020 22 00 60, Bris (for children) Hotline: 116 111

Switzerland: Emergency: 112, La Main Tendue Hotline: 143, Die dargebotene Hand 147.ch Hotline: 147, PARSPAS Hotline: +41 (0) 27 321 21 21

Syria: Emergency: 112

T

Taiwan: Emergency: 110, Cell Phones: 112, Taiwan Suicide Prevention Center Hotline: 0800 788 995, Taiwan Lifeline International Hotline: 1995

Tajikistan: Emergency: 112

Tanzania: Emergency: 112 or 999, Mental Health Association of Tanzania: (255) 757 528 295, Safina Widows & Child Care Foundation: (255) 787 709 225, (255) 737 226459

Thailand: Emergency: 191, Cell Phones: 112, Samaritans of Thailand Hotline: (02) 713-6793, Samaritans of Chiang Mai Hotline: (53) 225 977/8

Tibet: Emergency: 110

Timor-Leste: Emergency: 112

Togo: Emergency: 117 or 172, VisionTogo (VTG) Hotline: +228) 90 92 22 22

Tonga: Emergency: 922, Lifeline Tonga Hotline: 23000, Hotline: 25144

Trinidad and Tobago: Emergency: 999, Lifeline Hotline: (868) 645 2800 / 645 6616, Families in Action 24-Hour Hotline: 628-2333, ChildLine 24-Hour Hotline: 131 or 800-4321

Tunisia: Emergency: 197, Green Line Service (violence helpline): 1899, "Manara" Center Hotline (violence against women hotline): 80 101 400, Mawjoudin For Equality (LGBTQ+ hotline): +216 52 607 080 (sms or call)

Turkey: Emergency: 112, Emergency Hotline: 182, ALO 183 (general support hotline): 183

Turkmenistan: Emergency: 03

Tuvalu: Emergency: 911

U

Uganda: Emergency: 112, Hotline: 0800 200 600 (Mon. - Fri, 8am to 7pm), Suicide Hotline: 0800 21 21 21, Totya Platform Hotline (sexual abuse hotline): 0800 220 630 (SMS: +256759296003)

Ukraine: Emergency: 112, Telephone of confidence "Stavropyghion-058" Lviv Hotline: 058, Odessa Confidence Telephone Service Hotline: 0487 327715, Hotline: 0482 226565, Національна гаряча лінія для дітей та молоді - National Toll-Free Hot Line for Children and Youth: 116 111, Lifeline Ukraine: 7333

United Arab Emirates (UAE): Emergency: 112, Hotline: 800 46342 (For Indian Expats)

United Kingdom (UK): Emergency: 112 or 999, Deaf SMS: 999 (after texting 'Register' to 999), Samaritans UK & ROI Hotline: 116123 (free call from mobile and landline) Hotline: +44 (0) 8457 90 90 90 (UK - local rate) Hotline: +44 (0) 8457 90 91 92 (UK minicom) Hotline: 1850 60 90 90 (ROI - local rate) Hotline: 1850 60 90 91 (ROI minicom), The Hope Project Hotline: 0117 428 8930 Email: hope@second-step.co.uk (Target - men 30 to 64 yrs), Breathing Space (Scotland) Hotline: 0800 83 85 87, The Mix Hotline (under 25yrs): 0808 808 4994, HOPELineUK (for under 35 yrs) Hotline: 0800 068 41 41 (SMS: 07786 209697), Childline Hotline: 0800 1111, CALM Hotline (National): 0800 58 58 58 Hotline (London): 0808 802 58 58, Get Connected (for under 25 yrs) Hotline: 0808 808 4994 (SMS: 80849), Rehab 4 Addiction (Addiction Helpline - open 24/7) Hotline: 0800 140 4690 Mobile: 0345 222 3508 International: +44 345 222 3508

United States of America (USA): Emergency: 911, Suicide Prevention: 988, Suicide.org Hotline: 1-800-784-2433, National Suicide Prevention Lifeline Hotline: 1-800-273-8255, The Trevor Project (LGBT) Hotline: 1 866 488 7386, International Suicide Prevention

Hotline: 702 743 4340, Hopeline Hotline: 919 231 4525 Hotline: 1 877 235 4525, Trans Lifeline Hotline: (877) 565-8860, 24-Hour Crisis & Substance Use Helpline Helpline: 800-316-9241 Hotline: 210-223-SAFE (7233), Crisis Text Line TEXT: Text START to 741-741, Postpartum Support International Hotline: 1-800-944-4773, YouthLine Hotline: 877 968 8491 Textline: teen2teen (839863)
Uruguay: Emergency: 911, Línea Nacional de Prevención del Suicidio: 0800 0767, Línea Azul (youth and children): 0800 5050
Uzbekistan: Emergency: 02

V

Vanuatu: Emergency: 112, Vanuatu Youth Toll-Free Helpline: 087777
Vatican City (Holy See): Emergency: 113
Venezuela: Emergency: 911, Telefono de la Esperanza Hotline: 0241-8433308. Línea de Ayuda Psicológica (LAPSI) / Federación de Psicólogos de Venezuela: 02124163116
Vietnam: Emergency: 113, National Child Helpline: 111, Ngày mai: 963061414, Đường dây nóng hỗ trợ người bị bạo lực giới (LGBT+, women, children): 024 3333 5599 (SMS: 094 140 9119), Hotlinen Gaymai: +84 96306 1414

W

Wallis and Funtuna Islands: Emergency: 18
Western Sahara: Emergency: 150

Y

Yemen: Emergency: 199, Family Counseling & Development Foundation Yemen (support hotline): 136

Z

Zambia: Emergency: 999 Cell Phones: 112, Suicide Hotline +260960264040, Lifeline 933 (sms or call), Childline: 116
Zimbabwe: Emergency: 999 Cell Phones: 112, National Council of Samaritans Hotline: (9) 650 00, Harare Samaritans Hotline: (4) 726 468 - (4) 722 000 Hotline: Toll-free: 080

12 333 333, The Samaritans Hotline: (20) 635 59, Samaritans Bulawayo: +263965000
(sms or call)

More resources!

<https://blog.opencounseling.com/suicide-hotlines/>

https://www.suicidestop.com/worldwide_emergency_numbers.html

<https://kinected.org/emergency-services>

https://rp.ink/site-pages/Suicide_Prevention_Phone_Numbers

https://www.suicidestop.com/call_a_hotline.html

<https://befrienders.org/>

<https://findahelpline.com/>

<https://www.iasp.info/suicidalthoughts/>

<https://www.suicideispreventable.org/find-the-words-not-themselves-facebook-static-png>

<https://www.ruok.org.au/how-to-ask>

<https://jedfoundation.org/resource/how-to-help-a-friend-who-is-suicidal/>

<https://www.samhsa.gov/find-support/how-to-cope/how-to-ask-for-help>

https://www.google.com/search?q=988&rlz=1C1RXQR_enUS1034US1034&oq=988&gs_lcrp=EgZjaHJvbWUyDAgAEEUYORixAxiABDIPCAEQABgUGlcCGLEDGIAEMgkIAhAAGEMYigUyCQgDEAAYQxiKBTIJCAQQABhDGIoFMgkIBRAAGEMYigUyBggGEEUYPDIGCAcQRRg80gEIMTkzN2owajeoAgCwAgA&sourceid=chrome&ie=UTF-8#:~:text=Connect%20with%20people%20you%20trust

<https://jedfoundation.org/resource/how-to-take-care-of-yourself-when-youre-taking-care-of-friends/>

<https://www.samaritans.org/how-we-can-help/if-youre-worried-about-someone-else/supporting-someone-suicidal-thoughts/creating-safety-plan/>

<https://www.samaritans.org/how-we-can-help/if-youre-worried-about-someone-else/supporting-someone-suicidal-thoughts/>

