

Please be aware that getting professional help is not a negative connotation!

If you are depressed, or need help or know someone who is in need of help and is in crisis please call 988
or visit <https://suicidepreventionlifeline.org> If you are outside the United States a list of international numbers can be found here:
<http://www.suicide.org/international-suicide-hotlines.html>

Suicide Hotlines -
United Kingdom 116 123 (Veterans line 0800 138 1619)
United States 988
Canada 1 800 456 4566
Ireland 116 123
Australia 131 114
Philippines 2919
France 01 45 39 40 00
Source: Law

-----if needed for police involvement please contact your local authorities -----

911 - USA/canada
112 - Canada (GSM Mobile Network Emergency response)

other countries across the globe please look into adding them into your speed dial.