

Check the sidebar for resources by need, region, or country!

The links and resources in this doc have a general trigger/content warning for mental health issues, other crises, violence, and other possibly upsetting topics.

Know of something near you? Let a modmin know and we'll add it!

Generally, samaritans.org or lifeline.org are also available in many countries

ONLINE / GLOBAL / SELF CARE

(content warning for some of these that discuss self harm, abuse, or suicide in detail)

- <http://www.healingwell.com> - chronic illness support group
- <http://www.halfopus.com> - support and resources for depression and mental illness
- <https://www.7cups.com/> - peer counseling support groups
- <http://www.healthfulchat.org/> - peer support groups
- <https://www.dailystrength.org/> - peer support groups
- <https://www.calm.com/> - guided meditation and mindfulness
- <http://www.pixelthoughts.co/> - 60 second mindfulness
- <http://rainfor.me/> - rain sounds for relaxation
- <https://purrl.com/> - make your own purring noises for relaxation, focus, breathing
- <http://weavesilk.com/> - draw with silks for calming and focus
- http://philome.la/jace_harr/you-feel-like-shit-an-interactive-self-care-guide - "You feel like shit: An Interactive Self-Care Guide" (lots of swearing)
- http://mnadv.org/_mnadvWeb/wp-content/uploads/2011/07/DV_Safety_Plan.pdf - domestic violence safety planning
- <http://www.selfinjury.bctr.cornell.edu/documents/distraction-tech-and-alts.pdf> - alternatives and distractions for self-harm
- <http://butterfly-project.tumblr.com/> - another alternative for self-harm
- <http://studymore.org.uk/hylw.pdf> - workbook for self-harm recovery
- <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself> - worksheets and information for various mental health problems (anxiety, depression, eating disorders, worry...)
- <http://youfeellikeshit.com/> - interactive self care guide
- <https://www.healthyplace.com/> - resource that covers a very wide range of mental health issues
- <https://blackmentalhealthmatters.carrrd.co/#resources> - list of Black/Queer/Trans mental health resources (many are US-based, but some are broader online resources)

EUROPEAN UNION / EUROPEAN ECONOMIC AREA

- Mental health hotline (refers you to services in your country): 116 123
(more info on Norwegian MH site: <https://mentalhelse.no/fa-hjelp/hjelpetelefonen>)

UNITED STATES

- [National Suicide and Crisis Hotline](#): 988 or 1-800-273-8255 (call or text)
 - Chat: <https://988lifeline.org>
 - Español: 1-888-628-9454
 - TTY: 711 then 988
- Crisis Text Line: text to 741741 or 988
- Childhelp Child Abuse Hotline: 1-800-422-4453
- National Dating Abuse Hotline: 1-866-331-9474 (TTY: 1-866-331-8453)
- RAINN (Rape, Abuse and Incest National Network): 1-800-656-4673 or hotline.rainn.org/online
- National Domestic Abuse Hotline: 1-800-799-7233 | 1-800-787-3224 (TTY)
- Boystown (18 and under) call, chat, text lines: yourlifeyourvoice.org
- Depression Hotline: 1-630-482-9696
- Runaway Safeline: 1-800-786-2929
- Disaster Distress Helpline: 1-800-985-5990
- National Eating Disorders Association: 1-800-931-2237
- Samaritans (877) 870-HOPE (4673) | Call or Text 24/7
- National Association of Anorexia Nervosa & Associated Disorders: 1-630-577-1330
- Trans Lifeline: 1-877-565-8860 (translifeline.org/)
- Warmlines (peer support): warmline.org
- Veteran Crisis Line: call 988 and press 1 OR text 838255 (veteranscrisisline.net)
- Trevor Project (LGBTQ): 1-866-488-7386
- Sexuality Support: 1-800-246-7743
- Local groups, support, resources, clinics, healthcare, and more: call 211 or 211.org
- Black Mental Health Resources: blackmentalhealthmatters.carrrd.co/#resources
- Therapy for Black Girls: therapyforblackgirls.com

CANADA

- Canada wide suicide prevention hotline: Call or text 988 (<https://988.ca/>)
- National KidsHelp Phone (under 20 yo); 1-800-668-6868
- Crisis Text Line: text to 686868 (<https://www.crisistextline.ca>)
- TTY Helpline: 1-866-872-0113 (TTY)
- Trans Lifeline: 1-877-330-6366 (<https://www.translifeline.org/>)
- Greater Vancouver Helpline: 604-872-3311
- Good2Talk (post-secondary students in Ontario and Nova Scotia): <https://good2talk.ca/>
Ontario: 1-866-925-5454
Nova Scotia: 1-833-292-3698

- Alberta 211: call 211 or text INFO to 211
Additional helplines by subject and area: <https://ab.211.ca/how-we-help/helplines/>
- Howe Sound/Sunshine Coast Helpline: 1-866-661-3311
- BC-wide Helpline: 1-800-784-2433 crisiscentre.bc.ca
- Mental Health Crisis Line (Ottawa/Eastern Ontario): 1-866-996-0991
- Mental Health Line (Ontario): 1-866-531-2600
- Clinic Crisis Line (Manitoba): 204-786-8686 or 1-888-322-3019, TTY 204-784-4097
- Suicide Prevention & Support Line (Manitoba): 1-877-435-7170
- Manitoba Farm, Rural & Northern Support Services: <https://supportline.ca>,
1-866-367-3276 (hours Mon-Fri 10 am to 9 pm)

UNITED KINGDOM

- Crisis Text Line: text to 85258
- Samaritans (general crisis support): 08457 909090 24/7
116 123
Text 07725909090 for a text conversation
- NHS information: <http://www.nhs.uk/Conditions/Suicide/Pages/Getting-help.aspx>
- Childline (18 and under): 0800 1111
- HOPELine UK: call 0800 068 41 41 or text 0778 620 96 97
- The Mix (under 25): 0808 808 4994 or <http://www.themix.org.uk>
- Abuse Not: 0808 8005015
- Eating Disorder Support: 01494 793223
- Anxiety UK: 0844 477 5774
- Depression Alliance: 0845 123 23 20
- Rape Crisis Centre: 01708 765200
- LLGS Helpline (LGBT): 0300 330 0630
- Sexuality support: 01708 765200
- Domestic Violence Helpline 0345 023 46

ARGENTINA

- Helpline 1: (+54 11) 4758-2554 familiarde-suicida.com.ar
- S.O.S. Un Amigo Anónimo: (+54 11) 4783 8888 <http://www.sosunamigoanonimo.com.ar>

ARMENIA

- Hotline: (2) 538194 or (2) 538197

AUSTRALIA

- Helpline 1: 13 11 14 www.lifeline.org.au
- Kids Helpline 1800 551 800
- Beyond Blue 1300 22 46 36
- Headspace 1800 650 890

- MensLine Australia 1300 789 978
- Suicide Call Back Service 1300 659 467
- Salvos Careline 1300 36 36 22 (National)
- NSW 1800 636 825
- SA 131465
- QLD 1300 363 622
- WA 1800 676 822
- NT 1800 019 116
- TAS 1800 332 388
- ACT 1800 629 354
- VIC 1300 280 354

AUSTRIA

- Helpline: 142 telefonseelsorge.at

BARBADOS

- Helpline 1: (246) 4299999 samaritansbdos@yahoo.com

BELGIUM

- Community Help Service: +32 (0) 2 648 40 14 chsbelgium.org
- Centre de Prévention de Suicide: 0800 32 123 preventionsuicide.be
- Helpline: 106 tele-onthaal.be

BOTSWANA

- Helpline 1: 3911270 lifelinebotswana.org

BRAZIL

- Helpline: +55 51 211 2888
- Women's Call Center Helpline: Dial 180
- Human Rights Helpline: Dial 100
- www.cvv.org.br (has regional hotlines)

CHILE

- HIVhelp: 800-37-88-00
- Reportchild abuse: 800 730 800
- Mentalhealth: nepsis.cl

CHINA

- Helpline: 0800-810-1117
- Helpline for Mobile/IP/extension users: 010-8295-1332

CROATIA

- Helpline: (01) 4833-888 plavi-telefon.hr

CYPRUS

- Helpline: +357 77 77 72 67 cypussamaritans.org
- BAF Helpline: 0809 1122 or Military 2345

DENMARK

- Helpline: +45 70 201 201 www.livslinien.dk

ESTONIA

- Helpline 1: 126
- Helpline 2: 127
- Helpline 3: 646 6666
- Website: usaldus.ee

FIJI

- Helpline 1: 679 670565
- Helpline 2: 679 674364

FINLAND

- Helpline: 01019-0071 mll.fi/nuortennetti

FRANCE

- Helpline: (+33) (0)9 51 11 61 30 sos-amitie.org

GERMANY

- Samaritans: 0800 181 0771
- International Helpline Berlin (6pm-12am?): 030-44 01 06 07 (English), 030-44 01 06 06 (Russian) international-helpline.com
- Hotline: 0800 1110 111 or 0800 1110 222 telefonseelsorge.de

GHANA

- Lifeline: 233 244 846 701

GREECE

- Helpline: (0) 30 210 34 17 164 klimaka.org.gr

HUNGARY

- Helpline: (46) 323 888

ICELAND

- Helpline: (+354) 1717

INDIA

- Helpline: 2549 7777 mpa.org.in
- NBS Mental Health Helpline: 98 3640 1234 or 33 2286 5603 or 33 3257 5411
- Samaritans Mumbai: 22 3247 3267 or 22 6565 3267 or 22 6464 3267
- Lifeline Foundation: 33 2463 7401 or 33 2463 7432

INDONESIA

- SEJIWA - Indonesian government | Telephone: 119 ext. 8 [this counseling service can help with mental health problems, SEJIWA's services do not cover suicide first aid]
- Yayasan Pulih | <http://yayasanpulih.org/konsultasi-online/> [active as of April 2021, run by volunteers so it's not ideal if you're in need of quick help]
- National Domestic Violence Hotline - Ministry Of Women Empowerment And Child Protection (also covers sexual abuse)
 - Telephone | +62 821-2575-1234/ +62 811-1922-911
 - Abuse Report Form | <http://bit.ly/kamitetapada> [active as of April 2021]
 - Abuse Report Email | pengaduan@kemenpppa.go.id
- Indonesian Women's Association for Justice Legal Aid Institute / LBH APIK | 021-87797289, WA: 0813-8882-2669, lbh.apik@gmail.com

IRELAND

- UK Local Rate Helpline: +44 (0) 8457 90 90 90
- UK Minicom Helpline: +44 (0) 8457 90 91 92
- ROI Local Rate Helpline: 1850 60 90 90
- ROI Minicom Helpline: 1850 60 90 91
- Crisis Text Line: Text to 50808

ISRAEL

- Helpline: 1201 or from abroad: 972-9-8891333

ITALY

- Helpline: 199 284 284 telefonoamico.it

JAPAN

- Counseling Helpline: 03 5774 0992
- Face to Face Helpline: 03 3498 0231

KENYA

- Helpline: +254 20 3000378/2051323

LIBERIA

- Helpline: 06534308

LITHUANIA

- Helpline : 8-800 2 8888 jppc.lt

MALAYSIA

- Helpline: (063) 92850039
- Helpline: (063) 92850279
- Helpline: (063) 92850049

MALTA

- Helpline:179

MAURITIUS

- Helpline:(230) 800 93 93 BEFRIENDERSMAURITIUS@GMAIL.COM

NAMIBIA

- Helpline: (09264) 61-232-221 lifeline.org.za

NETHERLANDS

- Helpline: 0900-0767 sensoor.nl

NEW ZEALAND

- Helpline: (09) 522 2999
- Helpline: 0800 111 777 lifeline.org.nz

NORWAY

- Helpline: +47 815 33 300 www.kirkens-sos.no
- LGBTQ Youth Helpline: +47 400 00 777 skeivungdom.no

- More support services and hotlines (TW for mentions of (highlight to see)

): <https://www.helsenorge.no/psykisk-helse/her-far-du-hjelp/>

NEW GUINEA

- Helpline: 675 326 0011 www.lifeline.web.za/papua.htm

PHILIPPINES

- Helpline: 02 - 896 - 9191
- Mobile Phone Helpline: Mobile phone: 0917 - 854 - 9191
- Natasha Goulbourn Foundation (632) 804-HOPE (4673) and 0917-558-HOPE (4673)

POLAND

- Helpline: +48 527 00 00
- Helpline: +48 89 92 88 www.pomocel.free.ngo.pl

PORTUGAL

- Helpline: (808) 200 204 www.aac.us.pt

ROMANIA

- Romanian Alliance for Suicide Prevention (19:00-07:00): 0800 801 200 antisuicid.com
sos@antisuicid.com

SAMOA

- Helpline: 32000 www.samoalifeline.org

SCOTLAND

- Lothian Gay & Lesbian Hotline: 0131 556 4049

SERBIA

- SRCENovi Sad: (+381) 21-6623-393 www.centarsrce.org.yu vanja@centarsrce.org.yu

SINGAPORE

- Helpline: 1800- 221 4444 www.samaritans.org.sg

SOUTH AFRICA

- Helpline: 0861 322 322

SOUTH KOREA

- Love-Line (Sarang - Jonwha) Counselling Centre: (2) 715 8600, (2) 716 8600, (2) 717 8600, (2) 718 8600, www.counsel24.com

SWEDEN

- Helpline: 020 22 00 60 or 020-22 00 70 www.nationellahjalslinjen.se

SWITZERLAND

- Helpline: 143 www.143.ch

THAILAND

- Helpline: (02) 713-6793

UKRAINE

- Helpline: 058

ZIMBABWE

- Helpline: (263) 09 65000
- Helpline: 0800 9102