

If you or someone you know is experiencing extreme suicidal urges, and are in dire need of assistance, please contact an EMERGENCY number in the pin above.

United States of America: https://www.suicidestop.com/suicide_prevention_chat_usa.html

Canada: https://www.suicidestop.com/suicide_prevention_chat_canada.html

United Kingdom: https://www.suicidestop.com/suicide_prevention_chat_uk.html

Australia: https://www.suicidestop.com/suicide_prevention_chat_australia.html

Global online chatrooms:

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