

## **Suicide Crisis Resources**

If you are considering suicide or in crises OR if you or another person are in danger, do not use the Talkspace platform. Instead, call 911 or the National Suicide Hotline at 1-800-273-TALK (8255).

Other resources that provide you with immediate help are:

### **UNITED STATES:**

Emergency: 911

National Domestic Violence Hotline: 1- 800-799-7233

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

National Hopeline Network: 1-800-SUICIDE (800-784-2433)

Lifeline Crisis Chat (Online live messaging)

American Association of Poison Control Centers: 1-800-222-1222

Crisis Text Line: Text "START" TO 741-741

AIDS Crisis Line: 1-800-221-7044

Family Violence Helpline: 1-800-996-6228

GLBT Hotline: 1-888-843-4564

National Council on Alcoholism & Drug Dependency Hope Line: 1-800-622-2255

National Crisis Line - Anorexia and Bulimia: 1-800-233-4357

Planned Parenthood Hotline: 1-800-230-PLAN (7526)

Self-Harm Hotline: 1-800-DONT CUT (1-800-366-8288)

Suicide Awareness Voices of Education (SAVE) 1-800-273-8255

Veterans Crisis Line 1-800-273-8255 and Press 1 OR text to 838255

### **ARGENTINA:**

Emergency: 911

Recuerde siempre que si usted esta en una situación de emergencia debe comunicarse con los teléfonos: \*107 (SAME-Sistema de Atención Medica de Emergencia), \*911 (Emergencia policial), para atención telefónica inmediata. Si desea orientación telefónica a familiares y amigos, déjenos su mensaje y teléfono. Nos comunicaremos con usted.

### **AUSTRALIA:**

Emergency: 000 Lifeline.org: <https://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat>

LifeLine Australia: 1-300-13-11-14

### **CANADA:**

Emergency: 911  
Hotline: 1-888-353-2273  
YourLifeCounts.org: <http://www.yourlifecounts.org/need-help/crisis-lines>

**NEW ZEALAND:**

Emergency: 111  
Lifeline 24/7 Helpline: 0800 543 354  
Suicide Crisis Helpline: 0508 828 865 (0508 TAUTOKO)  
YourLifeCounts.org: <http://www.yourlifecounts.org/need-help/crisis-lines>

**UK & REPUBLIC OF IRELAND:**

Emergency: 112 or 999  
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)  
YourLifeCounts.org: <http://www.yourlifecounts.org/need-help/crisis-lines>

**GERMANY:**

Emergency: 112  
Hotline: 800 111 0111  
Hotline: 0800 111 0222  
YourLifeCounts.org: <http://www.yourlifecounts.org/need-help/crisis-lines>

**SPAIN:**

Emergency: 112  
Telefono De La Esperanza - 963916006 - <http://telefonodelaesperanza.org/llamanos>

**SOUTH AFRICA:**

Emergency: 10 111 for police or 10 177 for an ambulance  
24hr Helpline: 0800 12 13 14 or SMS 31393 (and we will call you back)  
Depression and Anxiety Helpline: 0800 70 80 90  
YourLifeCounts.org: <http://www.yourlifecounts.org/need-help/crisis-lines>

**HONG KONG:** 2382 0000 - Suicide Prevention Services. In Chinese, website offers suicide prevention resources in addition to a crisis helpline. <http://www.sps.org.hk/>

**INDIA:** + 0484 2540530 - Maithri operates in Kochi (Cochin), in the state of Kerala, south-west India, and offers crisis support by telephone, letter and face-to-face contact. <http://www.maithrikochi.org/>

**INDIA:** +91 9243473794 - Save India Family Foundation. Details a crisis support for Bangalore. Browse under Contact Us to discover helplines throughout India. <http://saveindianfamily.org/index.php>

**INDIA:** 24637401 / 7432 - Lifeline Foundation Lifeline India offers email and telephone support for people in and around Kolkata. <http://www.lifelinekolkata.org/>

**INDIA:** 27546669 - Aasra Delivers crisis support in Navi Mumbai - 24 hours a day.  
<http://www.aasra.info/>

**INDIA:** 307-3451 - Samaritans Sahara. Details Samaritans Sahara offers suicide prevention support, in Mumbai, Monday-Friday 4 pm to 10 pm Saturday/Sunday 10 AM - 10 PM.  
<http://www.karmayog.com/ngos/samaritanshelpline.htm>

**INDIA:** 91 44 28352345 - Snehaindia Snehaindia operates a hotline 8 AM to 10 PM every day. Also includes email support services. <http://www.snehaindia.org/>

**ISRAEL:** 1201 - ער"ן - Offers confidential psychological support by telephone and Internet. הקפדה רות, טנרטניאבו ופולטב תישפנ הנושאר הרזע עיצמה, ירטינמוה תוריש אוה ו"רע גמורה על סודיות ועל אנונימיות  
<http://www.eran.org.il/>

**JAPAN:** 03-5774-0992 - Tokyo English Lifeline . Tokyo English Lifeline free English anonymous telephone counseling. 9am - 11pm daily. <http://www.telljp.com/>

**JAPAN:** 06-4395-4343 SPC-Osaka In Japanese, website offers suicide prevention counseling in Osaka and lists hours and times for crisis helplines in Tokyo, Miyazaki and Kumano. <http://www.spc-osaka.org/>

**MALAYSIA:** Persatuan Life Line Malaysia -

线协会主要的辅导服务方式仍是电话协谈、面谈及书信辅导，欲面谈者需要先拨电话至行政处预约时间。 Offers telephone and written counselling support.  
<http://news.lifeline.org.my/>

**PHILIPPINES:** 893-7606 or 893-7603 - Crisis Line Philippines Offers free, anonymous and confidential telephone counseling that is non-sectarian & non-judgmental call 893-7606 or 893-7603 Monday to Friday, 9 a.m. to 9 p.m.  
<http://crisislinephilippines.blogspot.com/>

**SINGAPORE:** 1-800-221-4444 – Samaritans. Offers 24-hr crisis telephone support and e-mail befriending. Browse website for details about training and suicide bereavement services and more.- <https://sos.org.sg/>

**SOUTH KOREA:** 02) 715-8600 - Counsel24. Resource, in Korean, details support given to those who are in distress. <http://www.counsel24.com/>

**SRI LANKA:** 2 682535 – Sumithrayo. Offers helplines throughout Sri Lanka. Browse Branches to various crisis centres. <http://www.srilankasumithrayo.org/>

**THAILAND:** 02-713-6793 – Samaritans. Provides English (02-713-6791) 24 Hour and Thai (02-713-6793) 12:00-22:00 hrs helplines.  
<http://www.samaritansthailand.blogspot.com/>

**BANGLADESH:** Kaan Pete Roi (<http://shuni.org/>) is an emotional support helpline in Bangladesh whose mission is to alleviate feelings of despair, isolation, distress, and suicidal feelings among members of the community, through confidential listening. The helpline is intended for suicide prevention and the promotion of mental health.

**CANADA:**

1. Kids Help Phone (<http://org.kidshelpphone.ca/>) is a nationwide 24-hour, toll-free, confidential crisis line and counselling service available to Canadians under the age of twenty. 1-800-668-6868
- The Canadian Association for Suicide Prevention (CASP) 1- 519 -884-1470 (<http://suicideprevention.ca/>) provides information and resources to reduce the suicide rate and minimize the harmful consequences of suicidal behaviour. CASP maintains an up-to-date list of Distress Lines across Canada by province and territory.
- Suicide Action Montréal (<http://suicideactionmontreal.org/>) Suicide Action Montreal offers support services, crisis workers and monitoring for people who are at risk of committing suicide, for their friends and family and for people affected by suicide. All communication is confidential, available 24/7 and free of charge. They offer support in French and English for people in Montreal's greater area. This line is also available to anyone in Quebec. People will be redirected to their local Suicide Prevention Center. Their number is 1-866-APPELLE
- Amelia Rising Sexual Assault Centre of Nipissing (<http://www.ameliarising.ca/>) Amelia Rising provides support groups, one on one counselling and a 24-hour crisis line for both women and men in crisis. They operate in both English and French and serve the greater Nipissing area of Northern Ontario, though they accept collect calls. 1- 705-476-3355
- Trans Lifeline (<http://www.translifeline.org/>) is a toll-free crisis hotline available in the United States and in Canada for transgender people staffed by transgender people. US: (877) 565-8860 Canada: (877) 330-6366
- Youthspace.ca (<http://youthspace.ca/>) is an emotional and crisis support line for youth 30 and under across Canada. It is accessed via IM on the website or through text (778-783-0177). The support line is open every day from 6pm to midnight PST, and each chat is one-to-one with a trained volunteer working with the support of staff members.

**FRANCE:**

- 15 is the national emergency number in France.

- Fil santé jeunes : 0-800- 235- 236: anonymous and toll-free number for young people
- Suicide écoute : 01- 45- 39- 40- 00 (24-hour) : suicide prevention helpline (volunteers).
- SOS Suicide Phénix : 01- 40- 44- 46- 45 (schedule) : suicide prevention through listening and hospitality (volunteers).
- Sos amitié : distress listening on multimedia platform : phone, email, chat (volunteers).
- La Croix Rouge Ecoute : 0- 800- 858- 858 : psychological support online, anonymous and free (volunteers)

**GERMANY:** <http://www.telefonseelsorge.de/>

(24/7, no cost): 0800 111 0 111 (Protestant),

0800 111 0 222 (Catholic),

0800 111 0 333 (for children and youth)

**INDIA:** AASRA (<http://www.aasra.info/>) is a 24-hour nationwide voluntary, professional and confidential service that provides access to crisis support and suicide prevention. 24x7 Helpline: 91-22-27546669

**IRAN:** Iran Organization of Well Being (<http://moshaver.behzisti.ir/page.aspx?id=1480>) has provided the free and governmental hotline, 1480, by which the specialists give different types of consultations for a variety of problems such as marriage, family, youths and children, suicide, etc. to those in need. this hotline is open from 6 am till 9 pm everyday and its services are reached from all provinces of Iran.

**IRELAND:** Samaritans (<http://www.samaritans.org/>) is a registered charity aimed at providing emotional support to anyone in distress or at risk of suicide throughout Ireland. Call 116 123 (UK) or 116 123 (ROI)

**ITALY:** Servizio per la Prevenzione del Suicidio (SPS) (<http://www.prevenireilsuicidio.it/>) is a suicide prevention helpline whose mission is to give psychological and emotional support to anyone in suicidal crisis or to anyone who lost a dear one for suicide, through a confidential listening from an equipe of doctors, psychologists and volunteers . The helpline is operating from 9.30 am till 4.30 pm, from Monday to Friday, and it can be reached from all regions of Italy.

**JAPAN:** TELL (<http://telljp.com/lifeline/>) provides a free, confidential English-language Lifeline service, plus clinical mental health services, for the international community in Japan. Call: 03-5774-0992 (9 am – 11 pm every day)

**KOREA:** Suicide.org ([suicide.org](http://suicide.org)) has a list of South Korean suicide hotlines.

**Love-Line (Sarang - Jonwha) Counselling Centre**

Shingongduk-dong 9-22

Mapo-gu

SEOUL

**Hotline:** (2) 715 8600

**Hotline:** (2) 716 8600

**Hotline:** (2) 717 8600

**Hotline:** (2) 718 8600

**Website:** [counsel24.com](http://counsel24.com)/24 Hour service:

**Cheju**

159 Ildo 2-dong

CHEJU

**Contact by:** - Phone

**Hotline:** (064) 52 9191

**Choongju**

178-5 Sungnae-dong

Choongju

380-010

CHOONGBUK

**Contact by:** - Phone **Hotline:** (0441) 847-9191

**Chunju**

PO Box 103

Chunju

560-600

CHUNBUK

**Contact by:** - Phone

**Hotline:** (0652) 86-9191

**Inchon**

Insung Bldge, 3rd Floor

988-2 Jooan 6-dong, Nam-Ku

402-206

INCHON

**Hotline:** (032) 421 9191

**Puchon**

2nd 105-7 Wonmi-dong, Wonmi-Ku

Puchon

420-110

KYUMGKIDO

**Contact by:** - Phone

**Hotline:** (032) 663-9191

**Pohang**

414-15 Nambin-dong Buk-Ku

Pohang

791-040

KYUNGBUK

**Contact by:** - Phone

**Hotline:** (0562) 72-9191

**Koyang**

Hyungjae Bld 499-2 Sungsa-dong

Duchyang-Ku

Koyang

411-020

KYUNGKIDO

**Contact by:** - Phone

**Hotline:** (0344) 915-9191

**Kimhae**

305-20 Suhsang-dong

Kimhae

621-030

KYUNGNAM

**Contact by:** - Phone

**Hotline:** (0525) 21-9191

**Ulsan**

627-20 Sinjung 1-dong, Nam-Ku

Ulsan

680-011

KYUNGNAM

**Contact by:** - Phone

**Hotline:** (0522) 67-9191

**Pusan**

607-1 Chunpo 4-dong, Pusanjin-Ku

614-044

PUSAN

**Contact by:** - Phone

**Hotline:** (051) 807-9191

**Lifeline National Office**

607-1 Chunpo 4-dong

Pusanjin-Ku

614-044

PUSAN

**Contact by:** - Phone

**Hotline:** (82) 51 804 0896

**West Seoul Saengmyung Eui Chunhwa**

917-1 Mok-dong

Yangchon-Ku  
SEOUL

**Contact by:** - Phone

**Hotline:** (81) 2 2649 9232/4

### **Seoul**

KPO Box 1259

110-612

SEOUL

**Contact by:** - Phone

**Hotline:** (02) 916-9191

### **Taegu**

2014-204 Daemyung 8-dong

Nam-Ku

705-600

TAEGI

**Contact by:** - Phone

**Hotline:** (053) 475-9191

### **Taejon**

Kukmin Bank, 4th 1194 Samchon-dong

302-220

TAEJON

**Contact by:** - Phone

**Hotline:** (042) 254-9191

Other sources (eatyourkimchi.com) are available for Koreans and English speakers living in Korea. Information provided by Eat Your Kimchi.

**MAURITIUS:** Mauritius Suicide Prevention Lifeline is an emotional support helpline in Mauritius whose mission is to alleviate feelings of despair, isolation, distress, and suicidal feelings among members of the community, through confidential listening. The helpline is intended for suicide prevention and the promotion of mental health.

**NETHERLANDS:** 113 Suicide Prevention (<https://www.113.nl/>) is an independent care provider subsidized by the Ministry of Health, Welfare and Sport (Ministerie van VWS). The foundation has been active since September 2009. The organization employs psychologists and psychiatrists and a large group of fully trained volunteers. 113 Online has a close working relation with the Mental Health Institutes' crisis centers. Together these professionals are available 24 hours a day for crisis dialogue, treatment or referrals.

**NEW ZEALAND:** Lifeline Aotearoa (<http://www.lifeline.org.nz>) is a New Zealand organization providing free 24-hour counseling and phone help lines. 0800 LIFELINE (0800 54 33 54) or 0508 TAUTOKO (0508 82 88 65 Suicide Crisis Line). If this is an emergency, please phone 111.

**ROMANIA:** Alianța Română de Prevenție a Suicidului (<http://www.antisuicid.com/>) is a Romanian support helpline whose mission is to give psychological and emotional support to those that find themselves in depression, those who are in a psychological crisis and those who are suicidal. Help is offered by psychologists and volunteers from Psychology Universities. Call: (+4) 0264 590 576; Fax: (+4) 0264 590 576

**SOUTH AFRICA:** LifeLine Pietermaritzburg (<https://www.facebook.com/LifeLinePietermaritzburg>) is a registered Non-profit organization in Pietermaritzburg South Africa. The organization has been around for the past 43 years. Lifeline Pietermaritzburg focuses on rendering psychosocial support to the Pietermaritzburg community through the mediums of counselling - email, face-to-face and telephone- community dialogues and awareness campaigns, HCT (HIV counselling and testing) as well as various training's which are both SETA and non SETA accredited. All services other than some trainings are free.

**UNITED KINGDOM:**

- PAPHYRUS Prevention of Young Suicide (<https://www.papyrus-uk.org/>) is a registered charity. It is the national charity campaigning for prevention of young suicide. It operates a helpline providing short-term support and advice for anyone concerned about themselves or a young person they know. PAPHYRUS also offers training such as the international ASIST (Applied Suicide Intervention Skills Training) program and bespoke packages. Call HOPE line UK 0800-068-4141
- 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. Call (US) 116 123 (UK)116 123 (ROI)
- Campaign Against Living Miserably (<https://www.thecalmzone.net/>) is a registered charity<sup>[8]</sup> based in England. It was launched in March 2006 as a campaign aimed at bringing the suicide rate down among men aged 15–35. London 0808-802-5858. Nationwide 0800-58-5858