





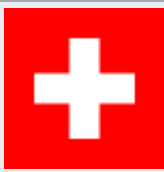





 <p>Argentina</p>	<ul style="list-style-type: none"> <li>• <a href="#">911</a> is the national emergency number in Argentina.</li> </ul>
 <p>Armenia</p>	<ul style="list-style-type: none"> <li>• <a href="#">112</a> and <a href="#">911</a> are the national emergency numbers in Armenia.</li> </ul>
 <p>Australia</p>	<ul style="list-style-type: none"> <li>• <a href="#">000</a> is the national emergency number in Australia.</li> <li>• <a href="https://www.lifeline.org.au/">Lifeline (https://www.lifeline.org.au/)</a> is a 24-hour nationwide service that provides access to crisis support, suicide prevention and mental health support services.<sup>[4]</sup> It can be reached at 13 11 14. They also offer a online chat service.</li> <li>• <a href="https://kidshelpline.com.au/">Kids Helpline (https://kidshelpline.com.au/)</a> is a 24-hour nationwide service that provides access to crisis support, suicide prevention and counselling services for Australians aged 5–25. It can be reached at 1800 55 1800. In addition the Kids Helpline does also provide online chat services.</li> <li>• <a href="https://www.beyondblue.org.au">Beyond Blue (https://www.beyondblue.org.au)</a> provides nationwide information and support regarding anxiety, depression, and suicide. It has a helpline which can be reached by calling 1300 22 4636. The helpline is available 24 hours a day, 7 days a week. In addition, the organization also provides online chat from 15-24.</li> </ul>
 <p>Austria</p>	<ul style="list-style-type: none"> <li>• <a href="#">112</a> is the national emergency number in Austria.</li> </ul>
 <p>The Bahamas</p>	<ul style="list-style-type: none"> <li>• <a href="#">911</a> is the national emergency number in The Bahamas.</li> </ul>
 <p>Bangladesh</p>	<ul style="list-style-type: none"> <li>• <a href="#">999</a> is the national emergency number in Bangladesh. <a href="#">199</a> is the national number for ambulance and fire.</li> <li>• <a href="http://shuni.org/">Kaan Pete Roi (http://shuni.org/)</a> 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.<sup>[5]</sup></li> </ul>
 <p>Barbados</p>	<ul style="list-style-type: none"> <li>• <a href="#">911</a> is the national emergency number in Barbados.</li> </ul>
 <p>Belgium</p>	<ul style="list-style-type: none"> <li>• <a href="#">112</a> is the national emergency number in Belgium.</li> </ul>

 <p>Bolivia</p>	<ul style="list-style-type: none"> <li>• 911 is the national emergency number in Bolivia.</li> </ul>
 <p>Botswana</p>	<ul style="list-style-type: none"> <li>• 911 is the national emergency number in Botswana.</li> </ul>
 <p>Bulgaria</p>	<ul style="list-style-type: none"> <li>• 112 is the national emergency number in Bulgaria.</li> </ul>
 <p>Canada</p>	<ul style="list-style-type: none"> <li>• 911 is the national emergency number in Canada.</li> <li>• Kids Help Phone (<a href="http://org.kidshelpphone.ca/">http://org.kidshelpphone.ca/</a>) is a nationwide 24-hour, toll-free, confidential crisis line and counselling service available to Canadians under the age of twenty.</li> </ul>
 <p>China</p>	<ul style="list-style-type: none"> <li>• Shanghai Mental Health Center (<a href="http://www.smhc.org.cn">http://www.smhc.org.cn</a>) serves as a mental health clinic as well as teaching, researching and planning mental health prevention throughout China. They can be reached at 021-64387250.</li> </ul>
 <p>Croatia</p>	<ul style="list-style-type: none"> <li>• 112 is the national emergency number in Croatia.</li> </ul>
 <p>Cyprus</p>	<ul style="list-style-type: none"> <li>• 112 and 199 are the national emergency numbers in Cyprus.</li> </ul>
 <p>Czech Republic</p>	<ul style="list-style-type: none"> <li>• 112 is the national emergency number in the Czech Republic.</li> </ul>
 <p>Denmark</p>	<ul style="list-style-type: none"> <li>• 112 is the national emergency number in Denmark.</li> </ul>
 <p>Egypt</p>	<ul style="list-style-type: none"> <li>• 122 is the national emergency number in Egypt.</li> <li>• 126 is the foreigners emergency number in Egypt.</li> </ul>
 <p>Estonia</p>	<ul style="list-style-type: none"> <li>• 112 is the national emergency number in Estonia.</li> </ul>

 <p>Finland</p>	<ul style="list-style-type: none"> <li>• 112 is the national emergency number in Finland.</li> </ul>
 <p>France</p>	<ul style="list-style-type: none"> <li>• 112 is the national emergency number in France, 15 is the number for ambulances, 114 for all emergency services for deaf using FAX or SMS and 17 is for police.</li> </ul>
 <p>Germany</p>	<ul style="list-style-type: none"> <li>• 112 is the national emergency number in Germany.</li> </ul>
 <p>Ghana</p>	<ul style="list-style-type: none"> <li>• 999 is the national emergency number in Ghana.</li> </ul>
 <p>Guyana</p>	<ul style="list-style-type: none"> <li>• 999 is the national emergency number in Guyana.</li> </ul>
 <p>Hong Kong</p>	<ul style="list-style-type: none"> <li>• 999 is the national emergency number in Hong Kong.</li> <li>• The Samaritans Hong Kong (<a href="https://samaritans.org.hk">https://samaritans.org.hk</a>) is available 24/7 by calling 2896 0000.</li> <li>• The Samaritan Befrienders Hong Kong is available 24/7 at 23892222.</li> </ul>
 <p>Hungary</p>	<ul style="list-style-type: none"> <li>• 112 is the national emergency number for Hungary. 104 is the national number for ambulances and 107 is for police</li> </ul>
 <p>India</p>	<ul style="list-style-type: none"> <li>• 112 is the national emergency number for India.</li> </ul>
 <p>Indonesia</p>	<ul style="list-style-type: none"> <li>• 112 is the national emergency number for Indonesia.</li> </ul>
 <p>Ireland</p>	<ul style="list-style-type: none"> <li>• 112 and 999 are the national emergency numbers in Ireland.</li> <li>• Samaritans (<a href="http://www.samaritans.org/">http://www.samaritans.org/</a>) is a registered charity aimed at providing emotional support to anyone in distress or at risk of suicide throughout Ireland.</li> </ul>
 <p>Italy</p>	<ul style="list-style-type: none"> <li>• 112 is the national emergency number for Italy.</li> </ul>

 <p>Korea</p>	<ul style="list-style-type: none"> <li>• 112 and 119 are the national emergency numbers for police and ambulances in South Korea.</li> </ul>
 <p>Luxembourg</p>	<ul style="list-style-type: none"> <li>• 112 is the national emergency number in Luxembourg.</li> </ul>
 <p>Malaysia</p>	<ul style="list-style-type: none"> <li>• 999 is the national emergency number in Malaysia.</li> <li>• Befrienders (<a href="http://www.befrienders.org.my">http://www.befrienders.org.my</a>) offers a 24/7, confidential hotline. <ul style="list-style-type: none"> <li>• Befrienders hotline can be reached at 03-79568144 or 03-79568145.</li> </ul> </li> </ul>
 <p>Mauritius</p>	<ul style="list-style-type: none"> <li>• 112 and 114 are the national emergency numbers for police and ambulances in Mauritius.</li> <li>• Befrienders Mauritius (<a href="http://www.befrienders.org/directory?country=MU">http://www.befrienders.org/directory?country=MU</a>) offer a limited-hour crisis helpline for English and French speakers. <ul style="list-style-type: none"> <li>• Befrienders Maritius hotline can be reached at +230 800 93 93 (available from 09:00 to 21:00 daily).</li> </ul> </li> </ul>
 <p>Mexico</p>	<ul style="list-style-type: none"> <li>• 911 is the national emergency number in Mexico.</li> </ul>
 <p>Netherlands</p>	<ul style="list-style-type: none"> <li>• 112 is the national emergency number in the Netherlands.</li> <li>• Stichting 113Online (<a href="https://www.113.nl/">https://www.113.nl/</a>) provides a 24/7 national suicide prevention phone line and webchat. <ul style="list-style-type: none"> <li>• 113Online hotline can be reached at 0900 0113.</li> <li>• 113Online Webchat can be found at <a href="https://www.113.nl/ik-denk-aan-zelfmoord/crisislijn">https://www.113.nl/ik-denk-aan-zelfmoord/crisislijn</a>.</li> </ul> </li> </ul>
 <p>Norway</p>	<ul style="list-style-type: none"> <li>• 112 and 113 is the national emergency numbers for police and ambulances in Norway</li> </ul>
 <p>The Philippines</p>	<ul style="list-style-type: none"> <li>• 911 is the national emergency number in the Philippines.</li> </ul>
 <p>Poland</p>	<ul style="list-style-type: none"> <li>• 112 is the national emergency number in Poland.</li> </ul>
 <p>Portugal</p>	<ul style="list-style-type: none"> <li>• 112 is the national emergency number in Portugal.</li> </ul>

 <p>Romania</p>	<ul style="list-style-type: none"> <li>• 112 is the national emergency number in Romania.</li> </ul>
 <p>Russia</p>	<ul style="list-style-type: none"> <li>• 112 is the national emergency number in Russia.</li> </ul>
 <p>South Africa</p>	<ul style="list-style-type: none"> <li>• 10111 and 10177 are the national emergency numbers for the police and ambulances in South Africa.</li> </ul>
 <p>Slovenia</p>	<ul style="list-style-type: none"> <li>• 112 is the national emergency number in Slovenia.</li> </ul>
 <p>Singapore</p>	<ul style="list-style-type: none"> <li>• 999 and 995 are the national emergency numbers for the police and ambulances in Singapore.</li> <li>• The Samaritans of Singapore (<a href="https://sos.org.sg/">https://sos.org.sg/</a>) is the only 24-hour, toll-free, confidential suicide prevention hotline in Singapore, for anyone having difficulty coping during a crisis, who are thinking of suicide or affected by suicide."<sup>[6]</sup></li> <li>• The Institute of Mental Health (Singapore) also has a 24-hour Mental Health Helpline (<a href="https://www.imh.com.sg/contact-us/">https://www.imh.com.sg/contact-us/</a>) if you are facing a mental health crisis or emergency."<sup>[7][8]</sup></li> </ul>
 <p>Sweden</p>	<ul style="list-style-type: none"> <li>• 112 is the national emergency number in Sweden.</li> </ul>
 <p>Switzerland</p>	<ul style="list-style-type: none"> <li>• 112 is the national emergency number in Switzerland.</li> </ul>
 <p>United Kingdom</p>	<ul style="list-style-type: none"> <li>• 999 and 112 is the national emergency number in the United Kingdom</li> <li>• 111, Option 2, is the National Health Services' First Response Service for mental health crises and support.</li> <li>• Samaritans (<a href="http://www.samaritans.org/">http://www.samaritans.org/</a>) is a registered charity aimed at providing emotional support to anyone in distress or at risk of suicide throughout the United Kingdom.<sup>[9]</sup> They provide a 24/7, toll-free crisis line, as well as local branches. <ul style="list-style-type: none"> <li>• Samaritans Helpline can be reached at 116 123.</li> <li>• Samaritans' previous hotline number, 08457 90 90 90, is no longer in use. Calling this line may result in charges for call forwarding.</li> </ul> </li> <li>• Campaign Against Living Miserably (<a href="https://www.thecalmzone.net/">https://www.thecalmzone.net/</a>) is a registered charity<sup>[10]</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.<sup>[11]</sup> It has a limited-hour phone</li> </ul>

	<p>and webchat options.</p> <ul style="list-style-type: none"> <li>• CALM (Nationwide) can be reached at 0800 58 58 58 (available every day from 5PM to midnight).</li> <li>• CALM (London) can be reached at 0808 802 58 58 (available every day from 5PM to midnight).</li> <li>• CALM webchat can be found at <a href="https://www.thecalmzone.net/help/get-help/">https://www.thecalmzone.net/help/get-help/</a> (available every day from 5PM to midnight).</li> </ul>
 <p>United States</p>	<ul style="list-style-type: none"> <li>• 911 is the national emergency number in the United States.</li> <li>• The <b>National Suicide Prevention Lifeline</b> (<a href="http://suicidepreventionlifeline.org/">http://suicidepreventionlifeline.org/</a>) is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.<sup>[12][13]</sup> It provides Spanish-speaking counselors, as well as options for deaf and hard of hearing individuals. It is only available in the United States.<sup>[14]</sup> A 24-hour an <b>Online Chat</b> in partnership with Contact USA<sup>[15]</sup> is also available. <ul style="list-style-type: none"> <li>• The National Suicide Prevention Lifeline can be reached at 1-800-273-8255.</li> <li>• The National Suicide Prevention Lifeline (ESP) can be reached at 1-888-628-9454</li> <li>• The National Suicide Prevention Lifeline (Deaf &amp; Hard of Hearing Options) can be reached at 1-800-799-4889</li> </ul> </li> <li>• The <b>Veterans Crisis Line</b> (<a href="https://www.veteranscrisisline.net/">https://www.veteranscrisisline.net/</a>) is a 24-hour, toll-free hotline that provides phone, webchat, and text options available to military veterans and their families. It provides options for deaf and hard of hearing individuals. <ul style="list-style-type: none"> <li>• The Veterans Crisis Line can be reached at 1-800-273-8255, Press 1.</li> </ul> </li> <li>• The <b>Crisis Text Line</b> (<a href="http://crisistextline.org">crisistextline.org</a>) is the only 24/7, nationwide crisis-intervention text-message hotline.<sup>[16]</sup> <ul style="list-style-type: none"> <li>• The Crisis Text Line can be reached by texting HOME to 741-741.</li> </ul> </li> <li>• <b>Samaritans USA</b> (<a href="http://www.samaritansusa.org/">http://www.samaritansusa.org/</a>) is a registered charity aimed at providing emotional support to anyone in distress or at risk of suicide throughout the United States.<sup>[9]</sup></li> <li>•  <b>The Trevor Project</b> (<a href="http://www.thetrevorproject.org/">http://www.thetrevorproject.org/</a>) is a nationwide organization that provides a 24-hour phone hotline, as well as limited-hour webchat and text options, for lesbian, gay, bisexual, transgender and questioning youth.<sup>[17]</sup> <ul style="list-style-type: none"> <li>• The TrevorLifeline can be reached at 1-866-488-7386.</li> <li>• TrevorChat can be found at <a href="https://www.thetrevorproject.org/get-help-now/">https://www.thetrevorproject.org/get-help-now/</a> (available 7 days a week from 3PM to 10PM ET).</li> <li>• TrevorText can be reached by texting TREVOR to 1-202-304-1200 (available M-F from 3PM to 10PM ET).</li> </ul> </li> <li>• The <b>Trans Lifeline</b> (<a href="https://www.translifeline.org/">https://www.translifeline.org/</a>) is a nonprofit organization that is created by and for the transgender community, providing crisis intervention hotlines, staffed by transgender individuals, available in the United States and Canada. <ul style="list-style-type: none"> <li>• The Trans Lifeline can be reached at 1-877-565-8860.</li> </ul> </li> </ul>

Credit: [https://en.wikipedia.org/wiki/List\\_of\\_suicide\\_crisis\\_lines](https://en.wikipedia.org/wiki/List_of_suicide_crisis_lines)