



## GLOBAL - USEFUL SIGNPOSTING

### 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)

**CRISIS TEXT LINE:**  
Text "DESERVE" TO 741-741

**LIFELINE CRISIS CHAT (ONLINE LIVE MESSAGING):**  
<https://suicidepreventionlifeline.org/chat/>

**SELF-HARM HOTLINE:**  
1-800-DONT CUT (1-800-366-8288)

**ESSENTIAL LOCAL AND COMMUNITY SERVICES:** 211, <https://www.211.org/>

**PLANNED PARENTHOOD HOTLINE:**  
1-800-230-PLAN (7526)

**AMERICAN ASSOCIATION OF POISON CONTROL CENTERS:** 1-800-222-1222

**NATIONAL COUNCIL ON ALCOHOLISM & DRUG DEPENDENCY HOPE LINE:**  
1-800-622-2255

**NATIONAL CRISIS LINE - ANOREXIA AND BULIMIA:** 1-800-233-4357

**GLBT HOTLINE:** 1-888-843-4564

**TREVOR CRISIS HOTLINE:**  
1-866-488-7386

**AIDS CRISIS LINE:** 1-800-221-7044

**VETERANS CRISIS LINE:**  
<https://www.veteranscrisisline.net>

**TRANSLIFELINE:**  
<https://www.translifeline.org>  
877-565-8860

**SUICIDE PREVENTION WIKI:**  
<http://suicideprevention.wikia.com>

### UK & REPUBLIC OF IRELAND

**EMERGENCY:** 112 or 999

**NON-EMERGENCY:** 111, Option 2

**24/7 HELPLINE:** 116 123 (UK and ROI)

**SHOUT:** Text "DESERVE" TO 85258

**SAMARITANS.ORG:**  
<https://www.samaritans.org/how-we-can-help-you/contact-us>

**YOURLIFECOUNTS.ORG:**  
<https://yourlifecounts.org/find-help/>

### 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.

**ARGENTINA SUICIDE HOTLINE:**  
+5402234930430

### SPAIN

**EMERGENCY:** 112

**TELEFONO DE LA ESPERANZA:**  
717-003-717  
<http://telefonodelaesperanza.org/llamanos>

### AUSTRALIA

**EMERGENCY:** 000

**LIFELINE.ORG:**  
<https://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat>

**LIFELINE AUSTRALIA:**  
1-300-13-11-14

**YOURLIFECOUNTS.ORG:**  
<https://yourlifecounts.org/find-help/>

**BEYOND BLUE:**  
<https://www.beyondblue.org.au/get-support/get-immediate-support>

### CHINA

**EMERGENCY:** 110

**BEIJING SUICIDE RESEARCH AND PREVENTION CENTER:**  
<http://www.crisis.org.cn/> 800-810-1117 (landline)  
010-8295-1332 (mobile and VoIP callers)

**SHANGHAI MENTAL HEALTH CENTER:**  
<http://www.smhc.org.cn/>

**LIFELINE SHANGHAI:**  
<https://www.lifeline-shanghai.com/>

### FINLAND

**EMERGENCY:** 112

**CRISIS LINE:** 010 195 202

### CANADA

**EMERGENCY:** 911

**CRISIS TEXT LINE (POWERED BY KIDS HELP PHONE):**

Text "DESERVE" TO 686868

**YOURLIFECOUNTS.ORG:**  
<https://yourlifecounts.org/find-help/>

**CRISIS SERVICES CANADA:**  
<http://www.crisisservicescanada.ca/en/>

**CANADIAN ASSOCIATION FOR SUICIDE PREVENTION:**  
<https://suicideprevention.ca/need-help/>

### 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:**  
<https://yourlifecounts.org/find-help/>

### NEW ZEALAND

**EMERGENCY:** 111

**LIFELINE 24/7 HELPLINE:** 0800 543 354

**SUICIDE CRISIS HELPLINE:**  
0508 828 865 (0508 TAUTOKO)

**YOURLIFECOUNTS.ORG:**  
<https://yourlifecounts.org/find-help/>

### INDIA

**EMERGENCY:** 112

**SNEHA INDIA:**  
(<http://www.snehaindia.org>) is available 24/7 on the phone by calling 91 44 24640050

### GERMANY

**EMERGENCY:** 112

**HOTLINE:** 800 111 0111

**HOTLINE:** 0800 111 0222

**YOURLIFECOUNTS.ORG:**  
<https://yourlifecounts.org/find-help/>