

# International Mental Health Crisis

— Support Helplines

**IF YOU ARE IN IMMEDIATE DANGER, PLEASE CONTACT  
YOUR LOCAL EMERGENCY SERVICES**

If you are experiencing emotional distress or are in crisis, support is available. Please reach out to a trusted local helpline below. These services are free, confidential, and available in many languages.

## **Global & International Support**

### **Befrienders Worldwide**

Website: <https://www.befrienders.org>

Emotional support across many countries in multiple languages.

### **Lifeline International**

Website: <https://lifeline-international.com>

Global network of crisis support centres.

### **United States**

#### **National Suicide & Crisis Lifeline**

Phone: 988 or 1-800-273-TALK (8255)

Website: <https://988lifeline.org>

24/7, free and confidential support.

### **Canada**

#### **Talk Suicide Canada**

Phone: 1-833-456-4566

Website: <https://talksuicide.ca>

24/7 support in English and French.

### **United Kingdom**

#### **Samaritans**

Phone: 116 123

Website: <https://www.samaritans.org>

24/7, free and confidential.

### **Ireland**

#### **Samaritans Ireland**

Phone: 116 123

Email: [jo@samaritans.ie](mailto:jo@samaritans.ie)

24/7 listening service.

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## **France**

### **SOS Suicide**

Phone: 01 45 39 40 00

SOS Amitié

Phone: 09 72 39 40 50

Website: <https://www.sos-amitie.org>

## **Germany**

### **Telefonseelsorge**

Phone: 0800 111 0 111 or 0800 111 0 222

Website: <https://www.telefonseelsorge.de>

24/7, free and anonymous.

## **Netherlands**

### **113 Zelfmoordpreventie**

Phone: 0800 0113

Website: <https://www.113.nl>

24/7 mental health and suicide prevention support.

## **Finland**

### **MIELI Mental Health Finland**

Phone: 09 2525 0111

Website: <https://mieli.fi/en>

24/7 crisis helpline in Finnish and English.

## **Spain**

### **Samaritans in Spain** (English-speaking)

Phone: 900 525 100

Website: <https://www.samaritansinspain.com>

## **Sweden**

### **Mind – Självmordslinjen (Suicide Line)**

Phone: 90101

Website: <https://mind.se/hitta-hjalp/sjalvmordslinjen>

24/7 support in Swedish.

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## **Italy**

### **Telefono Amico**

Phone: 02 2327 2327

Website: <https://www.telefonoamico.it>

Listening service in Italian.

## **Norway**

### **Mental Helse – Hjelpetelefonen**

Phone: 116 123

Website: <https://mentalhelse.no>

## **Australia**

### **Lifeline Australia**

Phone: 13 11 14

Website: <https://www.lifeline.org.au>

24/7 crisis and suicide prevention service.

## **New Zealand**

### **Lifeline Aotearoa**

Phone: 0800 543 354

Website: <https://www.lifeline.org.nz>

24/7 phone and text support.

## **India**

### **iCall (TISS)**

Phone: +91 91529 87821

Website: <https://icallhelpline.org>

Email: [icall@tiss.edu](mailto:icall@tiss.edu)

## **Japan**

### **Tokyo English Lifeline**

Phone: 03-5774-0992

Website: <https://telljp.com>

English-language support in Japan.

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## **China**

### **Beijing Mental Health Center**

Phone: +86 10 8295 1332

Support primarily in Mandarin.

## **Singapore**

### **Samaritans of Singapore (SOS)**

Phone: 1767 or 1800 221 4444

Website: <https://www.sos.org.sg>

24/7 confidential support.

## **Malaysia**

### **Befrienders Kuala Lumpur**

Phone: 03-7627 2929

Website: <https://www.befrienders.org.my>

Support in English, Malay, and Mandarin.

## **Africa (Selected Hotlines)**

### **South Africa – SADAG (Suicide Crisis Helpline)**

Phone: 0800 567 567

Website: <https://www.sadag.org>