**Get help now**

In the event of a crisis or if you or someone else is in danger, the following resources can offer immediate assistance. If you do not find a contact in your location here, try using this [link](https://findahelpline.com/) to search for it. As I discover more crisis centers, I will add to this list.

**Canada**

**Emergency:**911

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

Canada Suicide Prevention Service: 1-833-456-4566

Crisis Services Canada: 1-833-456-4566

Kids Help Phone: 1-800-668-6868

Good2Talk: 1-866-925-5454

Centre for Addiction and Mental Health: 1-800-463-2338

Trans Lifeline: 1-877-330-6366

Native Youth Crisis Hotline: 1-877-209-1266

Distress Centre Toronto: 416-408-4357

Mental Health Helpline: 1-877-303-2642

Canadian Association for Suicide Prevention: 1-833-456-4566

**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):** <http://www.crisischat.org/>  
**Crisis Text Line:** Text “START” TO 741-741  
**Self-Harm Hotline:** 1-800-DONT CUT (1-800-366-8288)  
**Family Violence Helpline:** 1-800-996-6228  
**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](https://www.veteranscrisisline.net/)  
**Suicide Prevention Wiki:** [http://suicideprevention.wikia.com](http://suicideprevention.wikia.com/)

**UK & 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>

**South America**

**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: 24-hour Suicide Hotline: 0810-222-3666

Colombia: 24-hour Suicide Hotline: 018000-912012

Peru: 24-hour Suicide Hotline: 01-522-0016

Brazil: 24-hour Suicide Hotline: 188

Chile: Mental Health Hotline: 800-360-640

Venezuela: 24-hour Suicide Hotline: 0212-831-0101

Ecuador: Mental Health Hotline: 1800-890-0020

Bolivia: Mental Health Hotline: 800-10-0800

**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:**<http://www.yourlifecounts.org/need-help/crisis-lines>

**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>

**Africa**

Mental Health Foundation of Nigeria – 0803 904 0000

Kenya Samaritans – +254 020 22 71166

Ethiopia Mental Health Helpline: 0911 161 717 5.

Ghana Mental Health Helpline: 030 274 4141 6.

Uganda Mental Health Helpline: 0414 348 611 7.

Zimbabwe Mental Health Helpline: 04 790 812 8.

Tanzania Mental Health Helpline: 0768 622 422 9.

Namibia Mental Health Helpline: 0811 140 140 10.

Morocco Mental Health Helpline: 080 060 0060

**Asia**

Samaritans of Singapore: +65 6500 0101

Samaritans of Hong Kong: +852 2896 0000

Befrienders Malaysia: +603 7956 8145

Lifeline India: +91 33 2474 4704

Befrienders Thailand: +66 2278 8999

Samaritans of Korea: +82 2 3273 0400

Suicide Prevention Center of Japan: +81 3 5774 0992

Taiwan Hotline: +886 2 2388 1234

Vietnam National Hotline: +84 982 971 511

China National Hotline: +86 400 890 0590

**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>

**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/llamano](http://telefonodelaesperanza.org/llamanos)

**France**

SOS Amitié – 01 45 39 40 00

**Denmark**

SOS Helpline: 70 201 201

**Italy**

Telefono Azzurro: 800 596 696 7.

**Poland**

Jozef: 116 111