

Name	What?	Where?	Contact Info
Crisis Text Line	Multi purpose hotline	USA	http://www.crisistextline.org/
National Suicide Hotline	Suicide Hotline	USA	1-800-273-8255
The Hot Line	Domestic Violence	USA	http://www.thehotline.org/
RAIN Hotline	Sexual Violence	USA	https://www.rainn.org/
Trans crisis hotline	Hotline for transgender individuals	USA & Canada	http://www.translifeline.org/
The Child Helpline	for victims of child abuse or people worried about their friend being abused	USA	1-800-4-A-CHILD (422-4453)
National Runaway Safeline	for anyone who might want to run-away from home or find themselves homeless. Also for people who have a friend who is a runaway	USA	1-800-RUNAWAY (786-2929)
The Trevor Project	A crisis hotline for LGBTQ youth (ages 13-24)	USA	http://www.thetrevorproject.org/
Teenhelpine	Helpline for non-suicide crisis	USA	https://teenlineonline.org/
Depression Hotline		USA	1-630-482-9696
Eating Disorders Hotline		USA	1-847-831-3438
Exhale: After Abortion Hotline/Pro-Voice	For women, and girls struggling with decisions to have an	USA	1-866-4394253

	abortion		
ChildLine	ChildLine is a private and confidential service for children and young people up to the age of nineteen.	UK	www.childline.org.uk 0800 1111
Mind infoline	Mind provides confidential mental health information services.	UK	www.mind.org.uk/help/advice_lines 0300 123 3393 (open 9-6 mon-fri)
NHS mental health	List of resources for mental health conditions	UK	http://www.nhs.uk/Conditions/stress-anxiety-depression/Pages/mental-health-helplines.aspx
Suicide Hotline		UK	08457909090
Saneline	National mental health helpline	England	www.sane.org.uk/what_we_do/support/helpline 0300 304 7000 (6pm-11pm)
The Mix	The Mix, judgement-free information and support to young people aged 13-25 on a range of issues	England	Telephone: 0808 808 4994 (11am-11pm, free to call) Website: www.themix.org.uk/get-support
Rape crisis	For dealing with the aftermath of assault	England & Wales	https://www.rapecrisis.org.uk/
The Samaritans	Suicide support, email & call	Ireland, scotland, Wales	http://www.samaritans.org/ 08457909090 email jo@samaritans.org
Sexual violence hotline	operates in french and english	Canada	http://www.ameliaris.ca/

Kids crisis hotline	for people under 20	Canada	https://org.kidshelpphone.ca/
Suicide Hotline		Canada	Montreal: 5147234000 Non montreal: 18662773553
Fil santé jeunes	anonymous and toll-free number for young people.	France	0800 235 236
Crisis resources		France	https://www.sos-amitie.com/
Crisis hotlines		France	http://www.telefonseelsorge.de/

Suicide Hotline		Argentina	+5402234930430
Suicide Hotline		Austria	017133374
Suicide Hotline		Belgium	106
Suicide Hotline		Brazil	212339191
Suicide Hotline		Croatia	014833888
Suicide Hotline		Denmark	+4570201201
Suicide Hotline		Egypt	7621602

Suicide Hotline		Finland	040-5032199
Suicide Hotline		Germany	08001810771
Suicide Hotline		Holland	09000767
Suicide Hotline		India	8888817666
Suicide Hotline		Ireland	+4408457909090
Suicide Hotline		Italy	800860022
Suicide Hotline		Japan	+810352869090
Suicide Hotline		Mexico	+810352869090

Suicide Hotline		New zealand	045861048
Suicide Hotline		Norway	+4781533300
Suicide Hotline		Philippines	028969191

Suicide Hotline		Poland	5270000
Suicide Hotline		Russia	0078202577577
Suicide Hotline		Spain	914590050
Suicide Hotline		South Africa	0514445691
Suicide Hotline		Sweden	46317112400
Suicide Hotline		Switzerland	143
Eran.org.il	Suicide line The helpline is operating from 14:00 am till 18:00 pm, from Sunday to Friday, and it can be reached from all regions of Israel.	Israel	http://www.eran.org.il/
SAPTEL	It is totally free and they are available 24 hours a day for crisis dialogue or treatment for anything related to mental health crisis.	Mexico	http://www.saptel.org.mx/index.html
Chris Foundation	Is a website where you can chat with volunteers to tell them your problems to relieve yourself.	Netherlands	http://www.chris.nl/
Suicide Hotline		Barbados	429-9999
Suicide Hotline		Botswana	391-1270
Suicide Hotline		China	852-2382-0000

Suicide Hotline		Costa Rica	606-253-5439
Suicide Hotline		Cyprus	357-77-77-72-67
Suicide Hotline		Czech Republic	222-580-697 476-701-908
Suicide Hotline		Estonia	6-558-088

Suicide Hotline		Greece	1018
Suicide Hotline		Guatemala	502-234-1239
Suicide Hotline		Honduras	504-237-3623
Suicide Hotline		Hungary	06-80-820-111
Suicide Hotline		Hong Kong	2389-2222
Suicide Hotline		Iceland	44-0-8457-90-90-90
Suicide Hotline		Latvia	6722-2922, 2772-2292
Suicide Hotline		Malaysia	
Suicide Hotline		New Guinea	675-326-0011
Suicide Hotline		Nicaragua	
Suicide Hotline		Portugal	239-72-10-10
Suicide Hotline		Singapore	1-800-221-4444
Suicide Hotline		Taiwan	0800-788-995
Suicide Hotline		Thailand	02-249-9977
Suicide Hotline		Trinidad and Tobago	868-645-2800

National Domestic Violence Hotline		USA	1-800-799-7233
National Dating Abuse Hotline		USA	1-866-331-9474
Domestic Abuse Helpline for Men		USA & Canada	1-888-743-5754

