


Need Help Now?

If you're having suicidal tendencies, or experiencing any symptoms that significantly impact your thinking, safety or the safety of those around you, you will be asked to seek immediate help offline and not use this site. These resources can provide you with immediate help worldwide.


SCHWEIZ

EMERGENCY	 112
Die Dargebotene Hand	143
Beratungstelefon für Kinder & Jugendliche bis 25 Jahre	147
Pro Mente Sana	0848 800 858
Elternnotruf	0848 35 45 55
Die Dargebotene Hand (online)	www.143.ch
Seelsorge	www.seelsorge.net
Elternnotruf (online)	www.elternnotruf.ch
Depression (Verein)	www.depression.ch


EUROPA

EMERGENCY	 112
YourLifeCounts.org	www.yourlifecounts.org

USA

EMERGENCY	 911
National Suicide Prevention Lifeline	+1 (800) 273 8255
National Domestic Violence Hotline	+1 (800) 799 7233
Family Violence Helpline	+1 (800) 996 6228
National Hopeline Network	+1 (800) 784 2433
Self-Harm Hotline	+1 (800) 366-8288
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
Lifeline Crisis Chat	www.contact-usa.org
Veterans Crisis Line	www.veteranscrisisline.net
Suicide Prevention Wiki	www.suicideprevention.wikia.com


KANADA

EMERGENCY	 911
Hotline	+1 (888) 353-2273
Suicide Prevention Wiki	www.suicideprevention.wikia.com

GROSSBRITANNIEN & IRLAND

EMERGENCY	 112 / 999
Hotline (UK - Local rate)	+44 (0) 8457 90 90 90
Hotline (UK - Minicom)	+44 (0) 8457 90 91 92
Hotline (ROI - Local rate)	1850 60 90 90
Hotline (ROI - Minicom)	1850 60 90 91
Help for suicidal thoughts (UK)	www.nhs.uk
Samaritans.org (UK & Ireland)	www.samaritans.org

AUSTRALIEN

EMERGENCY	 000
LifeLine Australia	1 300 13 11 14

NEUSEELAND

EMERGENCY	 111
Lifeline 24/7 Helpline	0800 543 354
Suicide Crisis Helpline	0508 828 865

WELTWEIT

Suicide Prevention	www.befrienders.org
YourLifeCounts.org	www.yourlifecounts.org