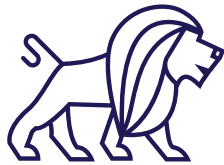


Crisis Lines Worldwide



SHER
VANCOUVER

WORLDWIDE

Befrienders

<http://www.befrienders.org>

AUSTRALIA

Headspace

www.eheadspace.org.au

Phone: 1800 650 890

Kids Helpline

www.kidshelp.com.au

Phone: 1800 55 1800

Lifeline Australia

www.lifeline.org.au

Phone: 13 11 14

AUSTRIA

Rat auf Draht

rataufdraht.orf.at

Phone: 147

TelefonSeelsorge – Notruf 142

www.telefonseelsorge.at

Phone: 142 (24 Stunden täglich)

**Email & chat options available*

BELGIUM

Centrum Ter Preventie Van Zelfdoding

www.zelfmoord1813.be

Phone: 1813

BRAZIL / PORTUGAL

CVV

www.cvv.org.br

Phone: 188

Email: atendimento@cvv.org.br

CANADA

Canadian Association for Suicide Prevention

suicideprevention.ca

**To find a crisis centre that serves your area*

Kids Help Phone

Phone: 1 800 668 6868

**For youth under 20*

CZECH REPUBLIC

Linka Bezpečí

www.linkabezpeci.cz

Phone: 116 111

Linka Duševní Tísň Most

www.mostknadeji.eu/linka-dusevni-tisne

Phone: 476 701 444

Skype: ldt.most

Linka Důvěry DKC

http://dkc.cz/linka_duvery.php

Phone: 241 484 149

Skype: ld_dkc

Linka Důvěry Ostrava

Phone: 596 618 908

Phone: 737 267 939

Pražská Linka Důvěry

Phone: 222 580 697



DENMARK

Børne

bornetelefonen.dk/ring

Phone: 116 111

**Child Helpline is open daily from 11:00-23:00*

Livslinien

www.livslinien.dk

Phone: 70 201 201

FINLAND

Suomen Mielenterveysseura

Phone: 01019 5202

FRANCE

S.O.S Amitié

www.sos-amitie.org

Phone: 01 42 96 26 26

GERMANY

Nummer Gegen Kummer

www.nummergegenkummer.de

Phone: 0800 111 0 550 (Adults)

Phone: 0800 111 0 333 (Children)

Telefonseelsorge

www.telefonseelsorge.de

Phone: 0800 111 0 111

Phone: 0800 111 0 222

GREECE

Klimaka NGO

www.klimaka.org.gr

Suicide Help Greece

www.suicide-help.gr

Phone: 1018

HONG KONG

The Samaritan Befrienders Hong Kong

www.help4suicide.com.hk

The Samaritan Befrienders Hong Kong

www.sbhk.org.hk

Phone: 2389 2222

The Samaritans Hong Kong

www.samaritans.org.hk

Phone: 2896 0000

HUNGARY

Kek Vonal

Phone: 116 111

Magyar Lelki Elsősegély

Telefonszolgálatok Szövetsége

www.sos505.hu

Phone: 116 123

Email: sos@sos505.hu

INDIA

AASRA

www.aasra.info

Phone: 91 22 27546669

Phone: 91 22 27546667

Email: aasrahelpline@yahoo.com

ISRAEL

ERAN

www.eran.org.il

Phone: 1201 (Free within Israel)

Phone: 972 76 8844400 (Outside of Israel)

SAHAR

www.sahar.org.il

**Emotional support chat line in Hebrew*

SAHAR

www.sahar.org.il/?categoryId=63068

**Emotional support chat line in Arabic*

ITALY

Telefono Amico

www.telefonoamico.it

Phone: 199 284 284

Telefono Azzurro

www.azzurro.it

Phone: 19696

LATVIA

Skalbes

www.skalbes.lv

Phone: 371 67222922

Phone: 371 27722292

LITHUANIA

Association of Emotional Support Lines

www.klausau.lt

Jaunimo Linija

www.jaunimolinija.lt/laiskai/

Phone: 8 800 28888

**Youth line*

Linija Doverija

Phone: 8 800 77277

**Support for Russian-speaking clients*

Pagalbos Moterims Linija

www.moteriai.lt

Phone: 8 800 66366

Email: pagalba@moteriai.lt

**Women's line*

Vaikų Linija

www.vaikulinija.lt

Phone: 116 111

**Child line*

Vilties Linija

Phone: 116 123

Email: vilties.linija@gmail.com

**Hope line*



LUXEMBOURG

Kanner-Jugendtelefon

www.kjt.lu

Phone: 116 111

SOS Détresse – Hëllef iwwer Telefon

www.454545.lu

Phone: 454545

MEXICO

Consejo Ciudadano

consejociudadanomx.org

Phone: 55 5533-5533

Instituto Hispanoamericano de Suicidología

Phone: +5255 46313300

Email: info@suicidiologia.com.mx

NETHERLANDS

Foundation 113 Online

www.113online.nl

Phone: 0900-113 0 113

NEW ZEALAND

National Depression Initiative

www.depression.org.nz

The Lowdown

www.thelowdown.co.nz

Phone: 0800 111 757

SMS: 5626

Email: team@thelowdown.co.nz

Youthline

www.youthline.co.nz

Phone: 0800 376633

SMS: 234

Email: talk@youthline.co.nz

Email: parenttalk@youthline.co.nz

NORWAY

Kirkens SOS

www.kirkens-sos.no

Phone: 815 33 300

POLAND

Fundacja Dzieci Nieczyje

www.116111.pl/napisz

Phone: 116 11

SERBIA

Centar Srce

www.centarsrce.org

Phone: 0800 300 303

Email: vanja@centarsrce.org

SINGAPORE

Samaritans of Singapore (SOS)

Phone: 1 800 221 4444

Email: pat@samaritans.org.sg

SOUTH AFRICA

The South African Depression and Anxiety Group (SADAG)

www.sadag.org

Phone: 0800 567 567

SMS: 31393



SOUTH KOREA

Korea Suicide Prevention Center

www.spckorea.or.kr

Phone: +82 2 2203 0053

Email: spc@spckorea.or.kr

Mental Health Center Crisis Counselling

Phone: 1577 0199

**24 hour hotline*

Ministry of Health & Welfare Call Center

Phone: 129

**24 hour hotline*

SPAIN

Teléfono de la Esperanza

telefonodelaesperanza.org

Phone: 902500002

SWEDEN

Mind

mind.se

SWITZERLAND

Tel 143 - La Main Tendue – Die Dargebotene Hand – Telefono Amico

www.143.ch

Phone: 143

TAIWAN

Taiwan Suicide Prevention Center

Phone: 0800 788 995

Email: tspc-fb@tsos.org.tw

UNITED KINGDOM / IRELAND

Samaritans

www.samaritans.org

Phone: 116 123

Email: jo@samaritans.org

UNITED STATES

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

Phone: 1 800 273 TALK (8255)

**Lifeline crisis chat available*

The Trevor Project

www.thetrevorproject.org

Phone: 1 866 488 73865

**for LGBT youth, friends and family members*

Veterans/Military Crisis Line

www.veteranscrisisline.net

Phone: 1 800 273 8255 (Press 1)

SMS: 838255

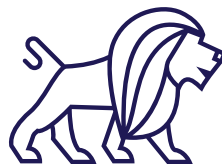
**For active U.S. service, veterans, & family members*





This project was compiled and curated by:

Kayden Bhangu
Vice President
Sher Vancouver LGBTQ Friends Society



SHER
VANCOUVER

Completed: January 2021

Contact:
info@shervancouver.com

Website:
www.shervancouver.com

For Additional Resources:
emergencefilm.net

**Sher Vancouver LGBTQ Friends Society
is an incorporated non-profit society in
British Columbia.**

This project was created by Sher Vancouver as a free resource for the public for crisis support and educational purposes.

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