

Thank you for tuning in on such a serious subject.

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## **Links for Help:**

**Please do not be scared to reach out. We would miss you if you were gone. You are loved and wanted.**

### **NotOk app information and story:**

<https://www.teenvogue.com/story/notok-app-acts-as-panic-button>

### **A list to multiple hotlines and literature:**

<https://nndc.org/resource-links/>

### **Veterans Crisis Line:**

<https://www.veteranscrisisline.net/>

### **Talking about Trans Suicide Guide:**

<https://transgenderlawcenter.org/talking-about-trans-suicide>

### **A (Not Exhaustive) list of websites and crisis lines:**

Sexuality Support: 1-800-246-7743

Eating Disorders Hotline: 1-847-831-3438

Rape and Sexual Assault: 1-800-656-4673

Grief Support: 1-650-321-5272

Runaway: 1-800-843-5200, 1-800-843-5678, 1-800-621-4000

Exhale: After Abortion Hotline/Pro-Voice: 1-866-4394253

Self Harm: 1-800-DONT CUT (1-800-366-8288)

Pregnancy Hotline 1-800-4-OPTIONS (1-800-467-8466)

Gay, Lesbian, Bisexual, and Transgender (GLBT) Youth Support Line 800-850-8078

National Association for Children of Alcoholics 1-888-55-4COAS (1-888-554-2627)

National Child Abuse Hotline 1-800-422-4453  
National Domestic Violence Hotline 1-800-799-SAFE (1-800-799-7233)  
National Drug Abuse Hotline 1-800-662-HELP (1-800-662-4357)  
National Youth Crisis Hotline 1-800-448-4663  
Eating Disorders Awareness and Prevention 1-800-931-2237 (Hours:8am-noon daily, PT)  
Veterans: 1-877-VET2VET  
Adolescent Suicide Helpline: 1-800-621-4000  
Postpartum Depression: 1-800-PPD-MOMS  
Nami Helpline: 1-800-950-6264  
UK  
Childline: 0800 1111  
Samaritans: 08457 909090  
Abuse Not: 0808 8005015  
Brook Young People's Information Service: 0800 0185023  
Eating Disorder Support: 01494 793223  
Anxiety UK: 0844 477 5774  
Depression Alliance: 0845 123 23 20  
Rape Crisis Centre: 01708 765200  
Rape/sexual assault: 0808 8000 123 (female) or 0808 8000122 (male)  
Miscarriage Association: 01924 200799  
LLGS Helpline (LGBT): 0300 330 0630  
Sexuality support: 01708 765200  
Bereavment: 0800 9177 416  
Runaway/homeless: 0808 800 70 70  
CareConfidential Pregnancy/post abortion: 0800 028 2228  
Women's Aid National  
Domestic Violence Helpline 0345 023 468  
National AIDS Helpline: 0800 567 123  
Argentina  
Helpline 1: (54-11) 4758-2554  
Website: [www.familiardesuicida.com.ar](http://www.familiardesuicida.com.ar)  
Australia  
Helpline 1: 13 11 14  
Website: [www.lifeline.org.au](http://www.lifeline.org.au)  
NSW1800 636 825  
SA131465  
QLD1300 363 622  
WA1800 676 822  
NT1800 019 116  
TAS1800 332 388  
ACT1800 629 354  
VIC1300 280 354

Salvos Careline 1300 36 36 22 (National)

Lifeline 13 11 14

Austria

Helpline 1: 142

Website: [WWW.TELEFONSEELSORGE.AT](http://WWW.TELEFONSEELSORGE.AT)

Barbados

Helpline 1: (246) 4299999

Email Helpline: SAMARITANSBDOS@YAHOO.COM

Belgium

Helpline 1: 106

Website: [WWW.TELE-ONTHAAL.BE](http://WWW.TELE-ONTHAAL.BE)

Botswana

Helpline 1: 3911270

Website: [WWW.LIFELINEBOTSWANA.ORG](http://WWW.LIFELINEBOTSWANA.ORG)

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Brazil

Helpline 1: +55 51 211 2888 Helpline 2: Dial 180 (Central de Atendimento à Mulher no Brasil- Woman's call center) Helpline 3: Dial 100 (Direitos Humanos- Human Rights)

Canada

Helpline 1: 604-872-3311 (Greater Vancouver)

Helpline 2: 18666613311 (Toll free-Howe Sound/Sunshine Coast)

Helpline 3: 1-866-872-0113 (TTY)

Helpline 4: 1-800-SUICIDE (784-2433) (BC-wide)

Website: [WWW.CRISISCENTRE.BC.CA](http://WWW.CRISISCENTRE.BC.CA)

Mental Health Crisis Line 1-866-996-0991 (Ottawa and Eastern Ontario)

Kids Help Phone 1-800-668-6868 (All of Canada, age <20)

Mental Help Health Line 1-866-531-2600 (Ontario)

Chile

HIV help: 800-37-88-00

Report child abuse: 800 730 800

Mental health: [http://www\(.\)nepsis\(.\)cl/](http://www(.)nepsis(.)cl/)

China

Helpline 1: Free: 0800-810-1117

Helpline 2: Mobile/IP/extension users: 010-8295-1332

Croatia

Helpline 1: (01) 4833-888

Website: [WWW.PLAVI-TELEFON.HR](http://WWW.PLAVI-TELEFON.HR)

Cyprus

Helpline 1: +357 77 77 72 67

Helpline 2: 0809 1122

Military 2345

Website: [WWW.CYPRUSSAMARITANS.ORG](http://WWW.CYPRUSSAMARITANS.ORG)

Denmark

Helpline 1: +45 70 201 201

Website: [WWW.LIVSLINIEN.DK](http://WWW.LIVSLINIEN.DK)

Estonia

Helpline 1: 126

Helpline 2: 127

Helpline 3: 646 6666

Website: [WWW.USALDUS.EE](http://WWW.USALDUS.EE)

Fiji

Helpline 1: 679 670565

Helpline 2: 679 674364

Finland

Helpline 1: 01019-0071

Website: [www.mll.fi/nuortennetti](http://www.mll.fi/nuortennetti)

France

Helpline 1: (+33) (0)9 51 11 61 30

Website: [WWW.SOS-AMITIE.ORG](http://WWW.SOS-AMITIE.ORG)

Germany

Helpline 1: 0800 1110 111

Helpline 2: 0800 1110 222

Hotline: 0800 181 0771 (to Samaritans) Hotline: 0800 181 0772 (to Samaritans)

Website: [samaritans.org](http://samaritans.org)

International Helpline Berlin: Postfach 580251

10412

Hotline: 6-12pm English service: 030-44 01 06 07

Hotline: Russian service: 030-44 01 06 06

Website: [international-helpline.com](http://international-helpline.com)

Telefonseelsorge Deutschland (National)

Hotline: 0800 1110 111

Hotline: 0800 1110 222

Website: [telefonseelsorge.org](http://telefonseelsorge.org)

Ghana

Helpline 1: 233 244 846 701

Website: [HTTP://WWW.LIFELINE-INTERNATIONAL.ORG](http://WWW.LIFELINE-INTERNATIONAL.ORG)

[/LOOKING\\_FOR\\_HELP/GHANA](http://WWW.LIFELINE-INTERNATIONAL.ORG/LOOKING_FOR_HELP/GHANA)

Greece

Helpline 1: (0) 30 210 34 17 164

Website: [WWW.KLIMAKA.ORG.GR](http://WWW.KLIMAKA.ORG.GR)

Hungary

Helpline 1: (46) 323 888

Iceland

Helpline 1: (+354) 1717

India

Helpline 1: 2549 7777

Website: [WWW.MPA.ORG.IN](http://WWW.MPA.ORG.IN)

Ireland

Helpline 1: +44 (0) 8457 90 90 90 (UK - local rate)

Helpline 2: +44 (0) 8457 90 91 92 (UK minicom)

Helpline 3: 1850 60 90 90 (ROI local rate)

Helpline 4: 1850 60 90 91 (ROI minicom)

Website: [WWW.SAMARITANS.ORG](http://WWW.SAMARITANS.ORG)

Israel

Helpline 1: 1201

Helpline 2: Tel from abroad: 972-9-8891333

Italy

Helpline 1: 199 284 284

Website: [WWW.TELEFONOAMICO.IT](http://WWW.TELEFONOAMICO.IT)

Japan

Helpline 1: Counseling: 03 5774 0992

Helpline 2: Face to Face: 03 3498 0231

Kenya

Helpline 1: +254 20 3000378/2051323

Liberia

Helpline 1: 06534308

Website: [HTTP://WWW.LIFELINE-INTERNATIONAL.ORG/LOOKING\\_FOR\\_HELP/LIBERIA](http://WWW.LIFELINE-INTERNATIONAL.ORG/LOOKING_FOR_HELP/LIBERIA)

Lithuania

Helpline 1: 8-800 2 8888

Website: [WWW.JPPC.LT](http://WWW.JPPC.LT)

Malaysia

Helpline 1: (063) 92850039

Helpline 2: (063) 92850279

Helpline 3: (063) 92850049

Malta

Helpline: 179

Website: [WWW.APPOGG.GOV.MT/SUPPORTLINE179.ASP](http://WWW.APPOGG.GOV.MT/SUPPORTLINE179.ASP)

Mauritius

Helpline: (230) 800 93 93

Email Helpline: [BEFRIENDERSMAURITIUS@GMAIL.COM](mailto:BEFRIENDERSMAURITIUS@GMAIL.COM)

Namibia

Helpline: (09264) 61-232-221

Website: [WWW.LIFELINE.ORG.ZA](http://WWW.LIFELINE.ORG.ZA)

Netherlands

Helpline 1: 0900-0767

Website: [WWW.SENSOOR.NL](http://WWW.SENSOOR.NL)

New Zealand

Helpline 1: (09) 522 2999

Helpline 2: 0800 111 777

Website: [WWW.LIFELINE.ORG.NZ/](http://WWW.LIFELINE.ORG.NZ/)

Norway

Helpline 1: +47 815 33 300

Website: [WWW.KIRKENS-SOS.NO](http://WWW.KIRKENS-SOS.NO) PAPUA

Helpline 2: +47 400 00 777 (LGBT Youth)

Website: (<http://www.skeivungdom.no/>)

New Guinea

Helpline 1: 675 326 0011

Website: [WWW.LIFELINE.WEB.ZA/PAPUA.HTM](http://WWW.LIFELINE.WEB.ZA/PAPUA.HTM)

Philippines

Helpline 1: 02 - 896 - 9191

Helpline 2: Mobile phone: 0917 - 854 - 9191

Natasha Goulbourn Foundation (632) 804-HOPE (4673) and 0917-558-HOPE (4673)

Poland

Helpline 1: +48 527 00 00

Helpline 2: +48 89 92 88

Website: [pomocitel.free.ngo.pl](http://pomocitel.free.ngo.pl)

Portugal

Helpline 1: (808) 200 204

Website: [WWW.AAC.UC.PT](http://WWW.AAC.UC.PT)

Romania

Romanian Alliance for Suicide Prevention (Alianța Română de Prevenție a Suicidului)

Phone number: 0800 801 200 (Suicide hotline - between 19:00 – 07:00)

Website: <http://www.antisuicid.com/>

Email: [sos@antisuicid.com](mailto:sos@antisuicid.com)

Samoa

Helpline 1: 32000

Website: [HTTP://SAMOALIFELINE.ORG/](http://SAMOALIFELINE.ORG/)