



## THERE IS HELP AND SUPPORT FOR MENTAL HEALTH

You don't have to suffer in silence, there is help for mental health. Please seek help from your local health care centers. Some countries have national helplines or hotlines where you can call for support.

Remember that your Primary Care Provider (PCP) or General Practitioner (GP) is your first point of care. Please seek professional help or support if you are experiencing any mental health issues.

Below, please find national hotlines or helplines available for some countries. If your country is not listed or does not have a national helpline or hotline, consult your PCP or GP.

### USA

- [National Alliance on Mental Illness \(NAMI\) hotline](#): 1-800-950-NAMI (6264)
- [National Hopeline Network](#): 1-800-SUICIDE (784-2433)
- [Crisis Text Line](#) – Text NAMI to 741-741
- [National Suicide Prevention Lifeline](#): Call 800-273-TALK (8255)
  - [Spanish Speakers](#) – 1-888-628-9454
  - [Hearing Impaired](#) - 1-800-799-4889
  - [Veterans](#) – 1-800-273-8255
- [Teen Line](#): 1-800-TLC-TEEN (852-8336)



## **AUSTRALIA**

- **Beyond Blue**: 1300 22 4636
- **Suicide callback service**: 1300 659 467
- **The MindSpot Clinic**: 1800 61 44 34
- **Kids Helpline**: 1800 55 1800

## **JAPAN**

**Tell Lifeline**: 03-5774-0992

## **INDIA**

- **Fortis Exam Helpline**: 918376804102
- **iCALL**: 022-25521111
- **AASRA**: 91-9820466726
- **Sneha**: 044-24640050
- **Lifeline**: 913340447437

## **INDONESIA**

- **Alliance of psychologists hotline service**: SEJIWA 119 text 8

## **IRELAND**

- **Connect counselling Helpline**: 1800 477 477
- **Samaritans**: 116123



### **MALAYSIA**

- **Befrienders**: <https://www.befrienders.org.my/>

### **NEW ZEALAND**

- **Lifeline**: 0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)
- **Suicide Crisis Helpline**: 0508 828 865 (0508 TAUTOKO)
- **Healthline**: 0800 611 116
- **Samaritans**: 0800 726 666
- **Depression Helpline**: 0800 111 757 or free text 4202
- **Anxiety phone line**: 0800 269 4389 (0800 ANXIETY)
- **Seniorline**: 0800 725 463

### **NIGERIA**

- **Mentally Aware Nigeria Initiative (MANI)**: 0809111MANI (6264)

### **SINGAPORE**

- <https://www.healthhub.sg/a-z/support-groups-and-others/20/call-on-these-when-you-need-help>

### **SOUTH AFRICA**

- **Suicide Crisis Helpline**: 0800 567 567
- **24hr Substance Abuse Helpline**: 0800 12 13 14
- **Mental Health Helplines**: 0800 456 789 / 0800 21 22 23



### **PHILIPPINES**

- **National Centre for Mental Health Crisis hotline:** 1553 (+63) 917-899-8727  
(02) 7-989-8727

### **UNITED KINGDOM**

- **Mind Infoline:** 0300 123 3393
- **Samaritans:** 116 123