

Contacts

Telephone and text crisis services have helped many people who have felt suicidal, or were struggling in their life. Contact these services if you are suicidal, feel lonely, scared, depressed, anxious, or need some support. These services may also be able to provide good advice if you are worried about someone else.

If life is in danger (including your own) call Emergency Services in your country.



Australia

Emergency Services – call 000

Lifeline Australia: <https://www.lifeline.org.au>

Call: 13 11 14 (available 24 hours a day, 7 days a week)

Online chat: www.lifeline.org.au/get-help/online-services/crisis-chat
(available 7pm to midnight Sydney Time, 7 days a week)

Text (trial): 0477 13 11 14

(available 6pm to midnight Sydney Time, 7 days a week)

Suicide Call Back Service: <https://www.suicidecallbackservice.org.au>

Call: 1300 659 467

(available 6pm to midnight Sydney Time, 7 days a week)



New Zealand

Emergency Services – call 111

Lifeline Aotearoa: <https://www.lifeline.org.nz>

Helpline: 0508 828 865 (available 24 hours a day, 7 days a week)

Suicide Crisis Helpline: 0508 82 88 65

(available 24 hours a day, 7 days a week)

Text: 4357 (available 24 hours a day, 7 days a week)



Canada

Emergency Services – call 911

Crisis Services Canada: <http://www.crisisservicescanada.ca>

(See website for regional options)

Call: 1 833 456 4566

(French and English; available 24 hours a day, 7 days a week)

Text: 45645 (available daily 4pm-12am ET)



United States

Emergency Services – call 911

National Suicide Prevention Lifeline: [https://](https://suicidepreventionlifeline.org)

suicidepreventionlifeline.org

Call: 1 800 273 8255 (available 24 hours a day, 7 days a week)



United Kingdom

Emergency Services – call 999

Samaritans: <https://www.samaritans.org>

Call: 116 123 (available 24 hours a day, 7 days a week)



World Wide

If you live in an area not listed above the International Association for Suicide Prevention (IASP) have a list of crisis centres worldwide.

Visit https://www.iasp.info/resources/Crisis_Centres