

RESOURCES

**For any after-hour emotional or mental wellbeing crisis,
Lifeline can be contacted 24 hours a day by phoning 13 11 14.**

There are several organisations that provide support and education for people with mental illness and their families and carers throughout Australia, New Zealand, India, United States, Philipines, South Africa, United Kingdom, Republic of Ireland, and Canada.

Some of the main groups are listed below.

Australia:

- Lifeline: 13 11 14
- Suicide Call Back Service: 1300 659 467
- Kids Helpline for young people aged 5-25: 1800 55 1800
- BeyondBlue mental health support: 1300 22 4636

New Zealand:

- Lifeline 24/7 Helpline: 0800 543 354
- Suicide Crisis Helpline: 0508 828 865 (0508 TAUTOKO)
- Samaritans: 0800 726 666
- Youthline: 0800 376 633 or text 234

India:

- Sneha India 24/7 helpline: 91 44 24640050
- AASRA 24/7 helpline and directory: 91-9820466726
- Samaritans Mumbai helpline for those who are stressed, distressed, depressed, or suicidal: +91 84229 84528, +91 84229 84529, or +91 84229 84530
- Jeevan Aastha Helpline for mental health counseling: 1800 233 3330
- 1Life 24-7 suicide prevention and crisis support: 7893078930

RESOURCES CONTINUED...

United States:

- 988 Suicide and Crisis Lifeline: 988 or Lifeline Chat
- Crisis Text Line: Text HOME TO 741741

Philippines:

- National Center for Mental Health (NCMH) crisis hotlines: from landline call 1553, from cellphone call: 0917-899-8727, 0966-351-4518, or 0908-639-2672
- In Touch Philippines free and anonymous 24/7 crisis line: +63 2 8893 7603, +63 917 800 1123, or +63 922 893 8944
- Natasha Goulbourn Foundation HOPELINE PH 24/7 Suicide Prevention and Emotional Crisis Line: 2919 for Globe/TM, 0917.558.4673, 0918.873.4673, or (02) 8804-4673
- Tawag Paglaum – Centro Bisaya 24/7 crisis intervention and suicide prevention hotline: Smart/Sun: 0939-9375433, 0939-9365433, Globe/TM: 0927-6541629

South Africa:

- Lifeline National Counselling Line: 0861-322-322
- Befrienders South Africa: 0027 51 444 5000
- The South African Depression and Anxiety Group suicide crisis line: 0800 21 22 23 (8am to 8pm) or 0800 12 13 14 (8pm to 8am)
- Akeso 24 hour emergency contact: 0861 435 787

United Kingdom:

- Samaritans 24/7 helpline: 116 123
- Crisis text line: Text SHOUT to 85258
- Papyrus HOPELINEUK for those under 35: 0800 068 4141
- The Campaign Against Living Miserably CALM helpline: 0800 58 58 58

RESOURCES CONTINUED...

Republic of Ireland

- Samaritans 24/7 helpline: 116 123
- Crisis Text Line: Text HELLO to 50808

Canada:

- Crisis Services Canada Suicide Prevention Service: 1-833-456-4566
- Kids Help Phone 24/7 national support service for young people under 30: 1-800-668-6868 or text 686868
- Hope for Wellness 24/7 Help Line for all Indigenous peoples across Canada: 1-855-242-3310
- Canadian Association for Suicide Prevention directory of local crisis lines in Canada
- Youthspace online crisis and emotional support chat service: text 778-783-0177

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*This information has been directly gathered from <https://www.helpguide.org/find-help.htm>.
Lady Harmony and HelpGuide provide this list of helplines to readers for informational purposes only. Lady Harmony and HelpGuide are unable to regularly verify these resources and so, does not endorse any of the services or organizations listed. We strongly encourage our readers to take steps to verify the credibility of any organisation offering mental health or other support.*

For more information, visit <https://www.helpguide.org/find-help.htm>