

Algeria

- Emergency: 34342 and 43
- Suicide Hotline: 0021 3983 2000 58

Argentina

- Emergency: 911
- Suicide Hotline: (54-11) 4758-2554

Armenia

- Emergency: 911 and 112
- Suicide Hotline: (2) 538194

Australia

- Emergency: 000
- Suicide Hotline: 131114

Austria

- Emergency: 112
- Suicide Hotline: 142 or 147 (Youth)

Bahamas

- Emergency: 911
- Suicide Hotline: (2) 322-2763

Bangladesh

- Emergency: 999

Barbados

- Emergency: 911
- Suicide Hotline: (246) 4299999

Belgium

- Emergency: 112
- Suicide Hotline: 1813

Bolivia

- Emergency: 911
- Suicide Hotline: 3911270

Bosnia & Herzegovina

- Suicide Hotline: 080 05 03 05

Botswana

- Emergency: 911
- Suicide Hotline: 3911270

Brazil

- Emergency: 188
- Suicide Hotline: 90035191

Bulgaria

- Emergency: 112
- Suicide Hotline: 0035 9249 17 223

Canada

- Emergency: 911
- Suicide Hotline: (833) 456-4566

China

- Emergency: 110
- Suicide Hotline: 0800 810 1117

Colombia

- Emergency: 1(00 57 5) 372 27 27
- Suicide Hotline: (571) 323 24 25

Croatia

- Emergency: 112
- Suicide Hotline: (01) 4833-888

Cyprus

- Emergency: 112
- Suicide Hotline: 8000 7773

Czech Republic

- Emergency: 112
- Suicide Hotline: 116 111

Denmark

- Emergency: 112
- Suicide Hotline: 4570201201

Egypt

- Emergency: 112
- Suicide Hotline: 762 1602

Estonia

- Emergency: 112
- Suicide Hotline: 3726558088

Finland

- Emergency: 112
- Suicide Hotline: 010 195 202

France

- Emergency: 112
- Suicide Hotline: 0145394000

Germany

- Emergency: 112
- Suicide Hotline: 08001810771

Ghana

- Emergency: 999
- Suicide Hotline: 223-0001

Holland

- Emergency: 112
- Suicide Hotline: 09000767

Hong Kong

- Emergency: 999
- Suicide Hotline: 852 2382 0000

Hungary

- Emergency: 112

- Suicide Hotline: 116123

India

- Emergency: 112
- Suicide Hotline: 8888817666

Indonesia

- Emergency: 112
- Suicide Hotline: 1-800-273-8255

Iran

- Emergency: 110
- Suicide Hotline: 1480

Ireland

- Emergency: 116123
- Suicide Hotline: +4408457909090

Israel

- Emergency: 100
- Suicide Hotline: 1201

Italy

- Emergency: 112
- Suicide Hotline: 800860022

Jamaica

- Emergency: 110
- Suicide Hotline: 1-888-429-5273

Japan

- Emergency: 110
- Suicide Hotline: 810352869090

Jordan

- Emergency: 911
- Suicide Hotline: 110

Kuwait

- Emergency: 112
- Suicide Hotline: 94069304

Latvia

- Emergency: 113
- Suicide Hotline: 371 67222922

Lebanon

- Emergency: 112
- Suicide Hotline: 1564

Liberia

- Emergency: 911
- Suicide Hotline: 6534308

Luxembourg

- Emergency: 112
- Suicide Hotline: 352 45 45 45

Malaysia

- Emergency: 999
- Suicide Hotline: (06) 2842500

Malta

- Emergency: 112
- Suicide Hotline: 179

Mauritius

- Emergency: 112
- Suicide Hotline: +230 800 93 93

Mexico

- Emergency: 911
- Suicide Hotline: 5255102550

Netherlands

- Emergency: 112
- Suicide Hotline: 900 0113

New Zealand

- Emergency: 111
- Suicide Hotline: 1737

Nigeria

- Emergency: 112
- Suicide Hotline: 234 8092106493

Norway

- Emergency: 112
- Suicide Hotline: +4781533300

Pakistan

- Emergency: 115
- Suicide Hotline: 15

Philippines

- Emergency: 911
- Suicide Hotline: 028969191

Poland

- Emergency: 112
- Suicide Hotline: 5270000

Portugal

- Emergency: 112
- Suicide Hotline: 21 854 07 40

Qatar

- Emergency: 999
- Suicide Hotline: 055536240

Romania

- Emergency: 112
- Suicide Hotline: 0800 801200

Russia

- Emergency: 112

- Suicide Hotline: 0078202577577

Saint Vincent and the Grenadines

- Emergency: 112
- Suicide Hotline: 9784 456 1044

Saudia Arabia

- Emergency: 112
- Suicide Hotline: 920033360

Serbia

- Emergency: 192
- Suicide Hotline: (+381) 21-6623-393

Singapore

- Emergency: 999
- Suicide Hotline: 1 800 2214444

Spain

- Emergency: 112
- Suicide Hotline: 914590050

South Africa

- Emergency: 10111
- Suicide Hotline: 0514445691

South Korea

- Emergency: 112
- Suicide Hotline: (02) 7158600

Sri Lanka

- Emergency: 112
- Suicide Hotline: 011 057 2222662

Sudan

- Emergency: 333
- Suicide Hotline: (249) 11-555-253

Sweden

- Emergency: 112
- Suicide Hotline: 46317112400

Switzerland

- Emergency: 112
- Suicide Hotline: 143

Thailand

- Emergency: 911
- Suicide Hotline: (02) 713-6793

Tonga

- Emergency: 999
- Suicide Hotline: 23000

Trinidad and Tobago

- Emergency: 911
- Suicide Hotline: (868) 645 2800

Turkey

- Emergency: 112
- Suicide Hotline: 182

United Arab Emirates

- Emergency: 999
- Suicide Hotline: 800 46342

United Kingdom

- Emergency: 112
- Suicide Hotline: 0800 689 5652

United States

- Emergency: 911
- Suicide Hotline: (800) 273-8255 / 988