

List Of International Suicide Hotlines

Danny, formerly of www.depressionisnotdestiny.com, has compiled a list of suicide hotlines from around the world:

Argentina: +5402234930430

Australia: 131114

Austria: 142; for children and young people, 147

Belgium: 106

Bosnia & Herzegovina: 080 05 03 05

Botswana: 3911270

Brazil: 188 for the CVV National Association

Canada: 1.833.456.4566, 5147234000 (Montreal); 18662773553 (outside Montreal)

Croatia: 014833888

Denmark: +4570201201

Egypt: 7621602

Estonia: 3726558088; in Russian 3726555688

Finland: 010 195 202

France: 0145394000

Germany: 08001810771

Holland: 09000767

Hong Kong: +852 2382 0000

Hungary: 116123

India: 8888817666

Ireland: +4408457909090

Italy: 800860022

Japan: +810352869090

Mexico: 5255102550

New Zealand: 0800543354

Norway: +4781533300

Philippines: 028969191

Poland: 5270000

Portugal: 21 854 07 40/8 . 96 898 21 50

Russia: 0078202577577

Spain: 914590050

South Africa: 0514445691

Sweden: 46317112400

Switzerland: 143

United Kingdom: 08457909090

USA: 18002738255

Veterans' Crisis Line: 1 800 273 8255/ text 838255