

Emergency Contacts

United States

911 for Emergency

+1 (800) 273-8255 National Suicide Prevention Lifeline

+1 (800) 799-7233 National Domestic Violence Hotline

+1 (800) 996-6228 Family Violence Helpline

+1 (800) 784-2433 National Hopeline Network

+1 (800) 366-8288 Self-Harm Hotline

+1 (800) 230-7526 Planned Parenthood Hotline

+1 (800) 222-1222 American Association of Poison Control Centers

+1 (800) 622-2255 Alcoholism & Drug Dependency Hope Line

+1 (800) 233-4357 National Crisis Line, Anorexia and Bulimia

+1 (888) 843-4564 GLBT Hotline

+1 (866) 488-7386 TREVOR Crisis Hotline

+1 (800) 221-7044 AIDS Crisis Line

Canada

911 for Emergency

+1 (888) 353-2273 Hotline

YourLifeCounts.org

UK & Republic of Ireland

112 / 999 for Emergency

+44 (0) 8457 90 90 90 Hotline (UK - Local rate)

+44 (0) 8457 90 91 92 Hotline (UK - Minicom)

1850 60 90 90 Hotline (ROI - Local rate)

1850 60 90 91 Hotline (ROI - Minicom)

YourLifeCounts.org

Australia

000 for Emergency

1 300 13 11 14 LifeLine Australia

Lifeline.org.au

YourLifeCounts.org

New Zealand

111 for Emergency

0800 543 354 Lifeline 24/7 Helpline

0508 828 865 Suicide Crisis Helpline

YourLifeCounts.org