

## HelpLines

If you or any other person are feeling suicidal or are in immediate crisis, use the following resources:

### USA

<b>911</b>	<b>Emergency</b>
+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
<a href="http://contact-usa.org">contact-usa.org</a>	Lifeline Crisis Chat
<a href="http://veteranscrisisline.net">veteranscrisisline.net</a>	Veterans Crisis Line
<a href="http://suicideprevention.wikia.com">suicideprevention.wikia.com</a>	Suicide Prevention Wiki

### Canada

<b>911</b>	<b>Emergency</b>
+1 (888) 353-2273	Hotline
<a href="http://yourlifecounts.org">yourlifecounts.org</a>	YourLifeCounts.org
<a href="http://suicideprevention.wikia.com">suicideprevention.wikia.com</a>	Suicide Prevention Wiki

## UK and Ireland

<b>112 / 999</b>	<b>Emergency</b>
+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)
<a href="http://nhs.uk">nhs.uk</a>	Help for suicidal thoughts (UK)
<a href="http://yourlifecounts.org">yourlifecounts.org</a>	YourLifeCounts.org (UK & Ireland)
<a href="http://samaritans.org">samaritans.org</a>	Samaritans.org (UK & Ireland)

## Australia

<b>000</b>	<b>Emergency</b>
1 300 13 11 14	LifeLine Australia
<a href="http://yourlifecounts.org">yourlifecounts.org</a>	YourLifeCounts.org

## World Wide

<a href="http://befrienders.org">befrienders.org</a>	Suicide Prevention
<a href="http://yourlifecounts.org">yourlifecounts.org</a>	YourLifeCounts.org