

www.joedeere.com

help organisations who are on the mission to give help and shelter:

USA

Lifeline: 13 11 14

Depression Hotline: 1-630-482-9696

Suicide Hotline: 1-800-784-8433

LifeLine: 1-800-273-8255

Trevor Project: 1-866-488-7386

Sexuality Support: 1-800-246-7743

Eating Disorders Hotline: 1-847-831-3438

Rape and Sexual Assault: 1-800-656-4673

Grief Support: 1-650-321-5272

Runaway: 1-800-843-5200, 1-800-843-5678, 1-800-621-4000

Exhale: After Abortion Hotline/Pro-Voice: 1-866-4394253

Self Harm: 1-800-DONT CUT (1-800-366-8288)

Pregnancy Hotline 1-800-4-OPTIONS (1-800-467-8466)

Gay, Lesbian, Bisexual, and Transgender (GLBT) Youth Support Line 800-850-8078

National Association for Children of Alcoholics 1-888-55-4COAS (1-888-554-2627)

National Child Abuse Hotline 1-800-422-4453

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

National Drug Abuse Hotline 1-800-662-HELP (1-800-662-4357)

National Youth Crisis Hotline 1-800-448-4663

Eating Disorders Awareness and Prevention 1-800-931-2237 (Hours: 8am-noon daily, PT)

Veterans: 1-877-VET2VET

Adolescent Suicide Helpline: 1-800-621-4000

Postpartum Depression: 1-800-PPD-MOMS

Nami Helpline: 1-800-950-6264

UK

Childline: 0800 1111

Samaritans: 08457 909090

Abuse Not: 0808 8005015

Brook Young People's Information Service: 0800 0185023

Eating Disorder Support: 01494 793223

Anxiety UK: 0844 477 5774

Depression Alliance: 0845 123 23 20

Rape Crisis Centre: 01708 765200

Rape/sexual assault: 0808 8000 123 (female) or 0808 8000122 (male)

Miscarriage Association: 01924 200799

LLGS Helpline (LGBT): 0300 330 0630

Sexuality support: 01708 765200

Bereavment: 0800 9177 416

Runaway/homeless: 0808 800 70 70

CareConfidential Pregnancy/post abortion: 0800 028 2228

Women's Aid National

Domestic Violence Helpline 0345 023 468

National AIDS Helpline: 0800 567 123

Argentina

Helpline 1: (54-11) 4758-2554

Website: www.familiardesuicida.com.ar

Australia

Helpline 1: 13 11 14

Website: www.lifeline.org.au

NSW1800 636 825

SA131465

QLD1300 363 622

WA1800 676 822

NT1800 019 116

TAS1800 332 388

ACT1800 629 354

VIC1300 280 354

Salvos Careline 1300 36 36 22 (National)

Lifeline 13 11 14

Austria

Helpline 1: 142

Website: WWW.TELEFONSEELSORGE.AT

Barbados

Helpline 1: (246) 4299999

Email Helpline: SAMARITANSBDOS@YAHOO.COM

Belgium

Helpline 1: 106

Website: WWW.TELE-ONTHAAL.BE

Botswana

Helpline 1: 3911270

Website: WWW.LIFELINEBOTSWANA.ORG/INDEX.HTML

Brazil

Helpline 1: +55 51 211 2888 Helpline 2: Dial 180 (Central de Atendimento à Mulher no Brasil- Woman's call center) Helpline 3: Dial 100 (Direitos Humanos- Human Rights)

Canada

Helpline 1: 604-872-3311 (Greater Vancouver)

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Helpline 2: 18666613311 (Toll free-Howe Sound/Sunshine Coast)

Helpline 3: 1-866-872-0113 (TTY)

Helpline 4: 1-800-SUICIDE (784-2433) (BC-wide)

Website: WWW.CRISISCENTRE.BC.CA

Mental Health Crisis Line 1-866-996-0991 (Ottawa and Eastern Ontario)

Kids Help Phone 1-800-668-6868 (All of Canada, age <20)

Mental Help Health Line 1-866-531-2600 (Ontario)

Chile

HIV help: 800-37-88-00

Report child abuse: 800 730 800

China

Helpline 1: Free: 0800-810-1117

Helpline 2: Mobile/IP/extension users: 010-8295-1332

Croatia

Helpline 1: (01) 4833-888

Website: WWW.PLAVI-TELEFON.HR

Cyprus

Helpline 1: +357 77 77 72 67

Helpline 2: 0809 1122

Military 2345

Website: WWW.CYPRUSSAMARITANS.ORG

Denmark

Helpline 1: +45 70 201 201

Website: WWW.LIVSLINIEN.DK

Estonia

Helpline 1: 126

Helpline 2: 127

Helpline 3: 646 6666

Website: WWW.USALDUS.EE

Fiji

Helpline 1: 679 670565

Helpline 2: 679 674364

Finland

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Helpline 1: 01019-0071
Website: www.mll.fi/nuortennetti

France

Helpline 1: (+33) (0)9 51 11 61 30
Website: WWW.SOS-AMITIE.ORG

Germany

Helpline 1: 0800 1110 111
Helpline 2: 0800 1110 222
Hotline: 0800 181 0771 (to Samaritans) Hotline: 0800 181 0772 (to Samaritans)
Website: samaritans.org
International Helpline Berlin: Postfach 580251
10412
Hotline: 6-12pm English service: 030-44 01 06 07
Hotline: Russian service: 030-44 01 06 06
Website: international-helpline.com
Telefonseelsorge Deutschland (National)
Hotline: 0800 1110 111
Hotline: 0800 1110 222
Website: telefonseelsorge.org

Ghana

Helpline 1: 233 244 846 701
Website: [HTTP://WWW.LIFELINE-INTERNATIONAL.ORG/LOOKING_FOR_HELP/GHANA](http://WWW.LIFELINE-INTERNATIONAL.ORG/LOOKING_FOR_HELP/GHANA)

Greece

Helpline 1: (0) 30 210 34 17 164
Website: WWW.KLIMAKA.ORG.GR

Hungary

Helpline 1: (46) 323 888

Iceland

Helpline 1: (+354) 1717

India

Helpline 1: 2549 7777
Website: WWW.MPA.ORG.IN

Ireland

Helpline 1: +44 (0) 8457 90 90 90 (UK - local rate)

Helpline 2: +44 (0) 8457 90 91 92 (UK minicom)

Helpline 3: 1850 60 90 90 (ROI local rate)

Helpline 4: 1850 60 90 91 (ROI minicom)

Website: WWW.SAMARITANS.ORG

Israel

Helpline 1: 1201

Helpline 2: Tel from abroad: 972-9-8891333

Italy

Helpline 1: 199 284 284

Website: WWW.TELEFONOAMICO.IT

Japan

Helpline 1: Counseling: 03 5774 0992

Helpline 2: Face to Face: 03 3498 0231

Kenya

Helpline 1: +254 20 3000378/2051323

Liberia

Helpline 1: 06534308

Website: HTTP://WWW.LIFELINE-
INTERNATIONAL.ORG
/LOOKING_FOR_HELP/LIBERIA

Lithuania

Helpline 1: 8-800 2 8888

Website: WWW.JPPC.LT

Malaysia

Helpline 1: (063) 92850039

Helpline 2: (063) 92850279

Helpline 3: (063) 92850049

Malta

Helpline: 179

Website: WWW.APPOGG.GOV.MT/SUPPORTLINE179.ASP

Mauritius

Helpline: (230) 800 93 93

Email Helpline: BEFRIENDERSMAURITIUS@GMAIL.COM

Namibia

Helpline: (09264) 61-232-221

Website: WWW.LIFELINE.ORG.ZA

Netherlands

Helpline 1: 0900-0767

Website: WWW.SENSOOR.NL

New Zealand

Helpline 1: (09) 522 2999

Helpline 2: 0800 111 777

Website: WWW.LIFELINE.ORG.NZ/

Norway

Helpline 1: +47 815 33 300

Website: WWW.KIRKENS-SOS.NO PAPUA

Helpline 2: +47 400 00 777 (LGBT Youth)

Website: (<http://www.skeivungdom.no/>)

New Guinea

Helpline 1: 675 326 0011

Website: WWW.LIFELINE.WEB.ZA/PAPUA.HTM

Philippines

Helpline 1: 02 - 896 - 9191

Helpline 2: Mobile phone: 0917 - 854 - 9191

Natasha Goulbourn Foundation (632) 804-HOPE (4673) and 0917-558-HOPE (4673)

Poland

Helpline 1: +48 527 00 00
Helpline 2: +48 89 92 88
Website: pomoctel.free.ngo.pl

Portugal

Helpline 1: (808) 200 204
Website: WWW.AAC.UC.PT

Romania

Romanian Alliance for Suicide Prevention (Alianța Română de Prevenție a Suicidului)
Phone number: 0800 801 200 (Suicide hotline - between 19:00 – 07:00)
Website: <http://www.antisuicid.com/>
Email: sos@antisuicid.com

Samoa

Helpline 1: 32000
Website: [HTTP://SAMOALIFELINE.ORG/](http://SAMOALIFELINE.ORG/)

Scotland

Lothian Gay & Lesbian 0131 556 4049

Serbia

SRCE Novi Sad: (+381) 21-6623-393
Website: centarsrce.org.yu
E-mail Helpline: vanja@centarsrce.org.yu

Singapore

Helpline 1: 1800- 221 4444
Website: WWW.SAMARITANS.ORG.SG

South Africa

Helpline 1: 0861 322 322
Website: WWW.LIFELINE.ORG.ZA

Sweden

Helpline 1: 020 22 00 60
Helpline 2: Textphone: 020-22 00 70
Website: WWW.NATIONELLAHJALPLINJEN.SE

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Switzerland

Helpline 1: 143

Website: WWW.143.CH

Thailand

Helpline 1: (02) 713-6793

Website: WWW.SAMARITANSTHAILAND.BLOGSPOT.COM

Ukraine

Helpline 1: 058

Website: WWW.DOVIRA058.NETFIRMS.COM

Zimbabwe

Helpline 1: (263) 09 65000

Helpline 2: Toll Free: 0800 9102

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