



www.teenhelp.org

Hotlines

The following hotlines help you to seek support over the telephone. Below there are many hotlines, from those that can help you in a time of crisis to those that can help you to find services near you. The majority of these hotlines are accessible 24 hours a day, 7 days a week and we encourage you to take full advantage of their benefits.

United States	United Kingdom	Australia
Crisis Call Center 1800 273 8255	ChildLine 0800 1111	Kid's Help Line 1800 551 800
Crisis Text Center Text 741 741	HOPELineUK 0800 068 41 41	Lifeline 13 11 14
National Institute of Mental Health 1800 647 2642	Mind Infoline 0300 123 3393	SANE Australia 1800 18 7263
National Runaway Safeline 1800 786 2929	Runaway Helpline 116 000	Suicide Hotline 1800 198 393
National Suicide Prevention Helpline 1800 273 8245	Samaritans 08457 90 90 90	
S.A.F.E. Alternatives 1800 366 8288	Self Harm Hotline 0800 622 6000	
Suicide Hotline 1800 784 2433		
Canada	Ireland	New Zealand
Kids' Help Phone 1800 668 6868	ChildLine 1800 66 66 66	Lifeline 0800 543 354
Mental Health Helpline 1866 531 2600	Grow 1890 474 474	Mental Health Crisis Team 0800 611 116
Salvation Army Suicide Prevention Hotline 1905 522 1477	Samaritans 1850 60 90 90	Suicide Crisis Helpline 0508 828 865
Suicide Hotline 1800 784 2433		

In cases of emergency, please always call your local emergency services department.