
Where to Find Help

If you or someone else is in danger right now, call emergency services where you live, or go to the nearest emergency department.

Finding a helpline in your country

- **Find A Helpline** (findahelpline.com): a free, regularly checked directory of crisis helplines in more than 100 countries. Choose your country and how you'd like to get in touch (call, text or chat).
- **International Association for Suicide Prevention (IASP)** (iasp.info): a list of crisis centers.

Some international helplines (free and 24/7 at the time of review)

Country	Helpline	Contact
United States	988 Suicide & Crisis Lifeline	Call or text 988
Canada	9-8-8 Suicide Crisis Helpline	Call or text 988 (English and French)
United Kingdom and Ireland	Samaritans	Call 116 123
Australia	Lifeline	Call 13 11 14, text 0477 13 11 14
New Zealand	Need to Talk?	Call or text 1737

Numbers and hours can change. An up-to-date list is at yourbodydecoded.org.

Write your numbers here:

- Crisis line: _____
- Emergency number where I live: _____
- Nearest emergency department: _____
- My doctor or therapist: _____
- Someone I trust: _____