

PEOPLE THAT CAN HELP YOU IN A CRISIS

Worldwide

Befrienders (befrienders.org)

USA

The National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

Call 1-800-273-8255

The Trevor Project (LGBTQ+ Specific)

www.theTrevorProject.org

Call 1-866-488-7386

UK

Samaritans

Call 116 123

email Jo@Samaritans.org

Phillipines

Crisis Care Philippines

Call +632 893 7606

Canada

Crisis Services Canada

www.crisisservicescanada.ca

Call 1.833.456.4566

Australia

Lifeline

www.lifeline.org.au

Call 13 11 14

India

AASRA

www.aasra.info

Call 91-22-27546669

South Africa

The South African Depression and Anxiety Group (SADAG)

www.sadag.org

0800 567 567, 0800 70 80 90,

or 0800 12 13 14

Brazil

CVV

www.cvv.org.br

Call 141

If your country is not listed here, click [here](#) for more information or see the worldwide support information on this card.

Alternatively, if you feel you need emergency support, you can contact the emergency services in your country, who can set things in motion to make sure you and those around you remain safe.

WE'RE HERE FOR YOU.

Go to www.ditchthelabel.org/support
for free confidential support and advice