

Helpline & Support Resources

If you or someone you know is feeling overwhelmed, unsafe, or in crisis, support is available. You are not alone.

Crisis & Helpline Support (Immediate or Ongoing Distress)

1. Befrienders Worldwide

Website: <https://www.befrienders.org>

A global directory of emotional support and crisis helplines that helps people find local support in their country. Available for individuals experiencing distress or suicidal thoughts.

2. International Association for Suicide Prevention (IASP)

Website: <https://www.iasp.info/suicidalthoughts>

Provides global information and resources on suicidal thoughts, prevention, and support, informed by international suicide prevention experts.

3. Find a Helpline

Website: <https://findahelpline.com>

An international helpline locator supported by IASP, covering more than 150 countries. Helps people quickly find local crisis and suicide prevention services.

4. Lifeline Australia

Website: <https://www.lifeline.org.au>

24/7 crisis supports emotional distress and suicide prevention, with phone, text, and online chat options available.

5. Samaritans (United Kingdom & Ireland)

Website: <https://www.samaritans.org>

Free, confidential emotional support is available 24/7 for anyone who is struggling or feeling overwhelmed, including people supporting someone else.

6. 988 Suicide & Crisis Lifeline (United States)

Call or Text: 988

Chat: <https://988lifeline.org>

Free confidential support is available 24/7 for people experiencing emotional distress, suicidal thoughts, or crisis. Support is also available for family members and friends, with language options offered.



7. HelpGuide

Website: <https://www.helpguide.org/find-help>

Practical, easy-to-understand guidance for finding mental health support, including crisis help, therapy options, and self-care resources.

Support, Education & Prevention Resources

1. Child Mind Institute

Website: <https://childmind.org>

Evidence-based information on mental health, including anxiety, depression, suicide prevention, and digital stress, with resources for families, caregivers, and schools.

2. ConnectSafely

Website: <https://www.connectsafely.org>

Guides and tips for using social media, apps, and digital platforms more safely, designed for both youth and adults.

3. Family Online Safety Institute

Website: <https://www.fosi.org>

Research-backed resources to help families navigate technology, gaming, and social media, with education and policy tools.

4. Safer in Our World

Website: <https://www.saferinourworld.org>

Focused on preventing online harm and exploitation through education, prevention strategies, and advocacy.

5. Smart Gen Society

Website: <https://www.smartgensociety.org>

Resources that support healthy technology use, digital resilience, and well-being for parents, educators, and youth.

A Note for Anyone Seeking Support

If you or someone you care about seems overwhelmed, distressed, or unsafe, it's okay to reach out and ask how they're feeling. Support can make a meaningful difference, and help is available at any stage not only in a crisis.