



## 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.



## Safe Online Standards

IMPROVING DIGITAL MENTAL HEALTH

### 7. Help Guide

**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.