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International Suicide Hotlines

Argentina	54-0223-493-0430
Australia	13 11 14
Belgium	106
Canada (Ontario)	519-416-486-2242
Canada (Alberta)	1-888-787-2880
Canada (British Columbia)	1-866-872-0113
Canada (Quebec)	514-723-4000
China	852-2382-0000
Costa Rica	506-253-5439
Germany	0800-181-0721
India	92-22-307-3451
Ireland	44-0-8457-90-90-90
Israel	1201
Japan	3-5286-9090
Mexico	525-510-2550
South Africa	0861-322-322
Spain	717 003 717
Switzerland	143
Thailand	02-249-9977
Ukraine	0487- 327715
United Kingdom	08457-90-90-90
United Kingdom	Text 07725 90 90 90
Zimbabwe	080 12 333 333

- *More Countries: [Suicide Hotlines in other Countries](#)*
- *[Befrienders Worldline](#): Find Hotlines and Text lines in other Countries*