

# Global and Local Mental Health Support Resources

Given the potentially distressing nature of our Global Summit 2024 topics, we have developed this resource to support attendee well-being. This resource serves as a signposting guide, directing event attendees to mental health services and support networks globally and in the countries we operate in.

Local resources collated by MindForward Alliance local chapters and affiliates for our summit attendees:



[Australia](#)



[Hong Kong](#)



[India](#)



[New Zealand](#)



[Portugal](#)



[Singapore](#)



[United Kingdom](#)



[United State](#)

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If you are based outside these regions,  
please refer to our global resources:



[Global](#)

## Global

### **Befrienders.org**

A world-wide network of volunteers and non-profits to provide emotional support

<https://befrienders.org/>

### **Mental Health Helplines**

Repository for international mental health helplines

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

### **Samaritans**

A UK based charity who is willing to support people (in English) from anywhere in the world.

✉: [jo@samaritans.org](mailto:jo@samaritans.org)

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

### **The International Alliance for Suicide Prevention Resources**

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

### **Wikimedia**

A wider list of global mental health resources broken down by countries

[https://commons.wikimedia.org/wiki/Category:Mental health by country](https://commons.wikimedia.org/wiki/Category:Mental_health_by_country)

## Australia

### **Aboriginal and Torres Strait Islander Suicide Prevention**

Centre for best practice for suicide prevention

<https://www.atsispep.sis.uwa.edu.au/>

### **Australian Suicide Prevention Foundation**

Trusted body providing suicide prevention to isolated areas and people across Australia

<https://www.suicidepreventionaust.org/>

### **Beyond Blue**

A trusted source of information and support on suicide prevention, for people at risk of suicide or who have attempted to take their life.

<https://www.beyondblue.org.au/mental-health/suicide-prevention>

### **Black Dog Institute**

Resources and support on suicide and self-harm

<https://www.blackdoginstitute.org.au/>

### **Everymind**

A leading institute dedicated to the prevention of mental ill-health and suicide

<https://everymind.org.au/>

### **Life in mind**

National resource and knowledge exchange portal advancing suicide prevention in Australia

<https://lifeinmind.org.au/>

### **Lifeline Australia**

A national charity providing Australians with 24-hour crisis support & suicide prevention services

T: 13-11-14

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

### **Orygen Australia**

Youth-specific suicide prevention resources and support

<https://www.orygen.org.au/>

### **Suicide call back service**

Australia's 24/7 nationwide service online and via telephone for suicide prevention and support.

<https://www.suicidecallbackservice.org.au/>





## *Hong Kong*

### **HKU Centre for Suicide Research and Prevention**

Leading research into the causes and prevention of self-harm and suicide

<https://www.csrp.hku.hk/>

### **Samaritans Hong Kong**

Committed to providing support and suicide prevention services.

☎: 2896 0000

✉: [jo@samaritans.org.hk](mailto:jo@samaritans.org.hk)

<https://samaritans.org.hk/>

### **Suicide Prevention Services**

24/7 Hotline and email support

<https://www.sps.org.hk/>

## India

### AASRA

24/7 helpline and directory

☎: +91 98204 66726

<http://aasra.info/>

### iCALL Helpline

For professional and free mental health counselling

☎: +91 52987821

<https://icallhelpline.org/>

### Jeevan Aastha Helpline

Mental health counselling

☎: 1800 233 3330

<https://www.jeevanaastha.com/>

### Mann Talks

Speak with a trained mental health professional

☎: +91 86861 39139

<https://www.manntalks.org/>

### Ripples of Change Foundation

Voice that Cares Psychosocial First Aid (PSFA) helpline

☎: +91 84488 44845

<https://www.rocf.org/voice-that-cares/>

### Samaritans Mumbai

Helpline for those who are stressed, distressed, depressed, or suicidal

☎: +91 84229 84528, +91 84229 84529, or +91 84229 84530

<https://www.samaritansmumbai.org/>

### The MINDS Foundation

Helpline for those who are experiencing mental health problems

☎: 18005-477-200

<https://www.mindsfoundation.org/>

### Vandrevala Foundation

Support for mental health

☎: +91 99996 66555

<https://www.vandrevalafoundation.com/>



## New Zealand

### Life Line NZ

A 24-hour lifeline providing confidential support from trained health professionals

<https://healthify.nz/health-a-z/s/suicide-prevention/>

### Life Matters

Focus on suicide prevention and support In Aotearoa  
Health Navigator: A suicide prevention support and information resource

<https://www.lifematters.org.nz/>

### Mental Health Foundation New Zealand

Charity organisation with resources, information and support

<https://mentalhealth.org.nz/>

### Taranaki Suicide Prevention Programme

A resource on how to have conversations about suicide

<https://www.tuiora.co.nz/whanau-health-and-wellbeing-services/community/taranaki-suicide-prevention-programme/>

### WellSouth Primary Health Network

☎: 0800 477 115

<https://wellsouth.nz/community/mh-concerns/suicide-resources-and-information/>

# Portugal

## General Emergency Services

☎: 112

## Voz de Apoio

☎: +351 225 50 60 70

## SOS Voz Amiga

Provide several emotional support and suicide prevention hotlines.

<https://sosvozamiga.org/>



## Singapore

### **Institute of Mental Health (IMH)**

Singapore's leading mental health institution, providing crisis support, diagnosis and treatment, inpatient and outpatient care, research and education

☎: 6389 2222

<https://www.imh.com.sg/About-Us/Pages/Corporate-Profile.aspx>

### **Samaritans of Singapore**

Confidential emotional support to individuals facing a crisis, thinking about or affected by suicide

☎: 1-767 or 9151 1767

[pat@sos.org.sg](mailto:pat@sos.org.sg)

<https://www.sos.org.sg/about/who-we-are>

### **Singapore Association for Mental Health (SAMH)**

A non-profit organization providing a range of mental health services, including counselling, support groups, and advocacy

☎: 1800-283-7019

<https://www.samhealth.org.sg/>



## United Kingdom

### **CALM**

5pm-midnight, 365 days a year

☎: 0800585858

<https://www.thecalmzone.net/>

### **Mental Health UK**

Minority ethnic mental health support groups and helplines

<https://mentalhealth-uk.org/black-asian-or-minority-ethnic-bame-mental-health-support-services/>

### **Papyrus**

Prevention of Young Suicide for people under 35:  
Monday to Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 5pm

☎: 0800 068 41 41

<https://www.papyrus-uk.org/>

### **Rethink Mental Illness**

Guidance on coping with loss as a result of suicide

<https://www.rethink.org/>

### **Samaritans**

24/7 hotline

☎: 116 123

<https://www.samaritans.org/how-we-can-help/contact-samaritan/talk-us-phone/>

### **Shout**

A free and confidential 24/7 text messaging service

☎: 85258

<https://giveusashout.org/>

### **Switchboard**

A mental health helpline for the LGBTQ+ community

☎: 0800 0119 100

✉: [hello@switchboard.lgbt](mailto:hello@switchboard.lgbt)

<https://switchboard.lgbt/>

### **Young Minds**

Helpline for parents, Monday to Friday 9.30am to 4pm

☎: 0808 802 5544

<https://www.youngminds.org.uk/parent/parents-helpline/>

## United States

### 988 Suicide & Crisis Lifeline

Suicide & Crisis Lifeline

☎: 988

<https://988lifeline.org/>

### Crisis Support Services

National helpline

☎: 800-273-8255

<https://cssnv.org/>

### National Alliance on Mental Illness

Mental health helpline

☎: 1-800-950-6264 or text NAMI to 741-741

<https://www.nami.org/>

### SAMHSA's National Helpline

24/7 free and confidential support for people in distress

☎: 800-662-HELP (800-662-4357)

<https://www.samhsa.gov/find-help/national-helpline>