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Support Resources for Sales Professionals

United States

1. National Suicide Prevention Lifeline
 - a. Description: Provides 24/7, free, and confidential support for people in distress, prevention and crisis resources.
 - b. Website: suicidepreventionlifeline.org
 - c. Phone: 1-800-273-8255
2. Mental Health America
 - a. Description: Offers a wide range of resources including screening tools, support groups, and educational materials.
 - b. Website: mhanational.org
3. Employee Assistance Programs (EAP)
 - a. Description: Many employers offer free EAP services which include counseling and mental health support.
 - b. Website: Check with your employer for details.
4. NAMI (National Alliance on Mental Illness)
 - a. Description: Provides advocacy, education, support, and public awareness so that all individuals affected by mental illness can build better lives.
 - b. Website: nami.org

Canada

1. Crisis Services Canada
 - a. Description: Offers 24/7 support for individuals in crisis through phone and text services.
 - b. Website: crisisservicescanada.ca
 - c. Phone: 1-833-456-4566
 - d. Text: 45645
2. Canadian Mental Health Association (CMHA)
 - a. Description: Provides resources and support for mental health and well-being.
 - b. Website: cmha.ca
3. Wellness Together Canada
 - a. Description: Offers free mental health and substance use support, resources, and counseling with no barriers to access.
 - b. Website: wellnesstogether.ca
4. Kids Help Phone (for younger sales professionals)
 - a. Description: Provides 24/7 e-mental health services, including professional counseling, information, and referrals for youth.
 - b. Website: kidshelpphone.ca
 - c. Phone: 1-800-668-6868



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United Kingdom

1. Samaritans
 - a. Description: Provides 24/7 support for anyone in distress or at risk of suicide.
 - b. Website: samaritans.org
 - c. Phone: 116 123
2. Mind
 - a. Description: Offers information, support, and local services for mental health issues.
 - b. Website: mind.org.uk
3. Mental Health Foundation
 - a. Description: Provides resources and research to help improve mental health.
 - b. Website: mentalhealth.org.uk
4. Shout
 - a. Description: A 24/7 crisis text line providing immediate support via text.
 - b. Website: giveusashout.org
 - c. Text: Shout to 85258

Australia

1. Lifeline Australia
 - a. Description: Provides 24/7 crisis support and suicide prevention services.
 - b. Website: lifeline.org.au
 - c. Phone: 13 11 14
2. Beyond Blue
 - a. Description: Offers information and support to help everyone in Australia achieve their best possible mental health.
 - b. Website: beyondblue.org.au
 - c. Phone: 1300 22 4636
3. Headspace (for younger sales professionals)
 - a. Description: Provides mental health services for young people aged 12-25.
 - b. Website: headspace.org.au
4. Black Dog Institute
 - a. Description: Focuses on research, diagnosis, treatment, and prevention of mood disorders.
 - b. Website: blackdoginstitute.org.au

South Africa

1. South African Depression and Anxiety Group (SADAG)
 - a. Description: Provides counseling and resources for mental health issues.
 - b. Website: sadag.org



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- c. Phone: 0800 21 22 23
 2. LifeLine South Africa
 - a. Description: Offers 24/7 counseling and support services.
 - b. Website: lifelinesa.co.za
 3. Mental Health Information Centre of Southern Africa
 - a. Description: Provides resources and information on mental health issues.
 - b. Website: sun.ac.za
 4. Akeso Clinics
 - a. Description: Offers mental health treatment and support services.
 - b. Website: akeso.co.za
-

India

1. iCALL
 - a. Description: Provides telephonic and email-based counseling services.
 - b. Website: icallhelpline.org
 - c. Phone: +91 22 2552 1111
 2. Vandrevala Foundation
 - a. Description: Offers mental health helpline services.
 - b. Website: vandrevalafoundation.com
 - c. Phone: 1860 266 2345 / 022 2570 6000
 3. YourDOST
 - a. Description: Online counseling and emotional wellness platform.
 - b. Website: yourdost.com
 4. AASRA
 - a. Description: Provides a helpline for individuals in distress.
 - b. Website: aasra.info
 - c. Phone: +91 98204 66726
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Germany

1. Telefonseelsorge
 - a. Description: Provides 24/7 crisis counseling services.
 - b. Website: telefonseelsorge.de
 - c. Phone: 0800 111 0 111 / 0800 111 0 222
2. Deutsche Depressionshilfe
 - a. Description: Offers resources and support for depression.
 - b. Website: deutsche-depressionshilfe.de
3. Beratung.de
 - a. Description: Online platform for finding counseling services.
 - b. Website: beratung.de
4. MindDoc
 - a. Description: Online platform providing mental health resources and counseling.



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- b. Website: minddoc.de

France

1. SOS Suicide
 - a. Description: Provides support for individuals in crisis.
 - b. Website: sos-suicide.org
 - c. Phone: 01 45 39 40 00
2. Psychologies
 - a. Description: Offers articles, resources, and a directory of therapists.
 - b. Website: psychologies.com
3. Fédération Française des Psychologues et de Psychologie
 - a. Description: Provides resources and a directory of psychologists.
 - b. Website: ffpp.net
4. Fil Santé Jeunes (for younger sales professionals)
 - a. Description: Provides health advice and counseling for young people.
 - b. Website: filsantejeunes.com
 - c. Phone: 0 800 235 236

Japan

1. Tokyo Mental Health
 - a. Description: Provides mental health resources and counseling services.
 - b. Website: tokyomentalhealth.com
2. TELL Japan
 - a. Description: Offers mental health support and counseling services.
 - b. Website: telljp.com
 - c. Phone: 03-5774-0992
3. Mental Health and Welfare Center
 - a. Description: Provides resources and support for mental health.
 - b. Website: mhlw.go.jp
4. The Japan Helpline
 - a. Description: 24-hour helpline providing support for various issues.
 - b. Website: japanhelpline.org
 - c. Phone: 0570-000-911

Brazil

1. CVV (Centro de Valorização da Vida)
 - a. Description: Provides 24/7 emotional support and suicide prevention services.
 - b. Website: cvv.org.br
 - c. Phone: 188



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2. CAPS (Centros de Atenção Psicossocial)
 - a. Description: Public centers offering mental health services.
 - b. Website: saude.gov.br
3. Vita Alere
 - a. Description: Provides resources and support for mental health and suicide prevention.
 - b. Website: vitalere.com.br
4. Mente Aberta (Open Mind)
 - a. Description: Offers mindfulness-based stress reduction programs.
 - b. Website: menteaberta.com.br

Mexico

1. SAPTEL
 - a. Description: Offers 24/7 telephone counseling and emotional support.
 - b. Phone: 55 5259 8121
2. Red Voz Pro Salud Mental
 - a. Description: Provides support for mental health issues and advocacy.
 - b. Website: vozprosaludmental.org.mx
3. Centro de Atención Telefónica de la UNAM
 - a. Description: Offers free psychological support by phone.
 - b. Website: cuaieed.unam.mx
 - c. Phone: 55 4161 6042
4. Clínica de Atención Integral para la Salud Mental (CAISAME)
 - a. Description: Provides comprehensive mental health services.
 - b. Website: caisame.com.mx

Italy

1. Telefono Amico Italia
 - a. Description: Provides 24/7 emotional support and listening services.
 - b. Website: telefonoamico.it
 - c. Phone: 199 284 284
2. Samaritans Onlus
 - a. Description: Offers emotional support and suicide prevention services.
 - b. Website: samaritansonlus.org
 - c. Phone: 06 7720 8977
3. Centro di Ascolto Psicologico (CAP)
 - a. Description: Provides psychological counseling and support.
 - b. Website: cap-net.org
4. Mental Health Europe
 - a. Description: Offers resources and advocacy for mental health issues.
 - b. Website: mhe-sme.org



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Spain

1. Teléfono de la Esperanza
 - a. Description: Provides 24/7 emotional support and crisis intervention.
 - b. Website: telefonodelaesperanza.org
 - c. Phone: 717 003 717
2. Fundación ANAR
 - a. Description: Offers a helpline for children and adolescents in distress.
 - b. Website: anar.org
 - c. Phone: 900 20 20 10
3. Salud Mental España
 - a. Description: Provides resources and support for mental health.
 - b. Website: consaludmental.org
4. Psicólogos Sin Fronteras
 - a. Description: Offers free psychological support and counseling services.
 - b. Website: psicologossinfronteras.net

Netherlands

1. 113 Zelfmoordpreventie
 - a. Description: Provides 24/7 suicide prevention and emotional support services.
 - b. Website: 113.nl
 - c. Phone: 113 or 0800 0113
2. MIND Korrelatie
 - a. Description: Offers psychological support and counseling services.
 - b. Website: mindkorrelatie.nl
 - c. Phone: 0900 1450
3. De Luisterlijn
 - a. Description: Provides 24/7 emotional support and listening services.
 - b. Website: deluisterlijn.nl
 - c. Phone: 0900 0767
4. GGZ Nederland
 - a. Description: Provides mental health care services and resources.
 - b. Website: ggznederland.nl

Sweden

1. Mind
 - a. Description: Provides 24/7 crisis support and suicide prevention services.
 - b. Website: mind.se



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- c. Phone: 90101
 2. Mental Health Sweden (Självordslinjen)
 - a. Description: Offers support for individuals in crisis and their relatives.
 - b. Website: sjalvmordslinjen.se
 3. Riksförbundet för Social och Mental Hälsa (RSMH)
 - a. Description: Provides support and advocacy for mental health issues.
 - b. Website: rsmh.se
 4. BRIS (for younger sales professionals)
 - a. Description: Provides counseling and support for children and young adults.
 - b. Website: bris.se
 - c. Phone: 116 111

China

1. Beijing Huilongguan Hospital
 - a. Description: Offers mental health services and support.
 - b. Website: hlgfy.com
2. Shanghai Mental Health Center
 - a. Description: Provides mental health care and resources.
 - b. Website: shmhc.org.cn
3. Mental Health Helpline
 - a. Description: Offers 24/7 counseling and support services.
 - b. Phone: 800-810-1117
4. Mental Health Association of China
 - a. Description: Provides resources and support for mental health issues.
 - b. Website: mha.org.cn

Russia

1. Moscow Suicide Prevention Center
 - a. Description: Provides 24/7 crisis support and suicide prevention services.
 - b. Phone: 8 495 625 3101
2. Russian National Mental Health Association
 - a. Description: Offers resources and advocacy for mental health.
 - b. Website: mental-health-russia.ru
3. Moscow Psychological Aid Service
 - a. Description: Provides free psychological counseling and support.
 - b. Website: msoc.ru
 - c. Phone: 051 (from Moscow) or +7 495 051 (outside Moscow)
4. Sostradanie (Compassion)
 - a. Description: Offers free psychological support and crisis intervention.
 - b. Website: sostradanie-nmc.ru



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Argentina

1. Teléfono para la Vida
 - a. Description: Provides 24/7 emotional support and crisis intervention.
 - b. Phone: 135 (from Buenos Aires) or 0800 345 1435 (from the interior of Argentina)
 2. Centro de Asistencia al Suicida
 - a. Description: Offers support for individuals in crisis and their families.
 - b. Website: casbuenosaires.com.ar
 3. Fundación Buenos Aires Sida
 - a. Description: Provides mental health support and resources.
 - b. Website: fbas.org.ar
 4. Asociación Argentina de Salud Mental (AASM)
 - a. Description: Offers resources and support for mental health professionals and the public.
 - b. Website: aasm.org.ar
-

South Korea

1. Korea Suicide Prevention Center
 - a. Description: Provides crisis support and suicide prevention services.
 - b. Website: spckorea.or.kr
 - c. Phone: 1393
 2. Korea Psychological Association
 - a. Description: Offers resources and support for mental health issues.
 - b. Website: koreanpsychology.or.kr
 3. Seoul Mental Health Center
 - a. Description: Provides mental health services and resources.
 - b. Website: smhc.or.kr
 4. Lifeline Korea
 - a. Description: Offers 24/7 crisis support and counseling services.
 - b. Phone: 1588-9191
-

Norway

1. Mental Helse Norge
 - a. Description: Provides support, advice, and resources for mental health issues.
 - b. Website: mentalhelse.no
 - c. Phone: 116 123
2. Kirkens SOS
 - a. Description: Offers 24/7 crisis support and emotional assistance.



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- b. Website: kirkens-sos.no
- c. Phone: 22 40 00 40
- 3. Norsk Psykologforening
 - a. Description: Provides resources and a directory of psychologists in Norway.
 - b. Website: psykologforeningen.no
- 4. Røde Kors
 - a. Description: Offers various support services, including crisis intervention.
 - b. Website: rodekors.no

Denmark

- 1. Livslinien
 - a. Description: Provides 24/7 crisis support and suicide prevention services.
 - b. Website: livslinien.dk
 - c. Phone: 70 201 201
- 2. Psykiatrifonden
 - a. Description: Offers mental health resources, counseling, and support.
 - b. Website: psykiatrifonden.dk
- 3. SIND - Landsforeningen for psykisk sundhed
 - a. Description: Provides advocacy, support, and resources for mental health.
 - b. Website: sind.dk
- 4. Headspace Danmark
 - a. Description: Offers free mental health support for young people.
 - b. Website: headspace.dk

Switzerland

- 1. Pro Mente Sana
 - a. Description: Provides support, information, and resources for mental health.
 - b. Website: promentesana.ch
 - c. Phone: 0848 800 858
- 2. Die Dargebotene Hand
 - a. Description: Offers 24/7 crisis support and emotional assistance.
 - b. Website: 143.ch
 - c. Phone: 143
- 3. Swiss Red Cross
 - a. Description: Provides various support services, including crisis intervention.
 - b. Website: redcross.ch
- 4. La Main Tendue
 - a. Description: Provides 24/7 emotional support and crisis intervention.
 - b. Website: 143.ch/fr
 - c. Phone: 143



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Finland

1. Mieli Mental Health Finland
 - a. Description: Provides support, crisis services, and mental health resources.
 - b. Website: mieli.fi
 - c. Phone: 09 2525 0111
2. Crisis Helpline
 - a. Description: Offers 24/7 crisis support in multiple languages.
 - b. Phone: 09 2525 0113
3. Nytyi ry
 - a. Description: Provides mental health support specifically for students.
 - b. Website: nytyi.fi
4. Mental Health Association Finland
 - a. Description: Offers resources and support for mental health issues.
 - b. Website: mtkl.fi

New Zealand

1. Lifeline New Zealand
 - a. Description: Provides 24/7 crisis support and counseling services.
 - b. Website: lifeline.org.nz
 - c. Phone: 0800 543 354 or text HELP (4357)
2. Mental Health Foundation of New Zealand
 - a. Description: Offers resources, advocacy, and support for mental health.
 - b. Website: mentalhealth.org.nz
3. Youthline
 - a. Description: Provides support and counseling for young people.
 - b. Website: youthline.co.nz
 - c. Phone: 0800 376 633
4. Samaritans New Zealand
 - a. Description: Offers 24/7 emotional support and crisis intervention.
 - b. Website: samaritans.org.nz
 - c. Phone: 0800 726 666

Ireland

1. Samaritans Ireland
 - a. Description: Provides 24/7 emotional support and crisis intervention.
 - b. Website: samaritans.org/ireland
 - c. Phone: 116 123



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2. Aware
 - a. Description: Offers support and resources for individuals experiencing depression and bipolar disorder.
 - b. Website: aware.ie
 - c. Phone: 1800 80 48 48
3. Mental Health Ireland
 - a. Description: Provides resources, information, and support for mental health issues.
 - b. Website: mentalhealthireland.ie
4. Pieta House
 - a. Description: Offers free therapy to those engaging in self-harm, experiencing suicidal ideation, or bereaved by suicide.
 - b. Website: pieta.ie
 - c. Phone: 1800 247 247 or text HELP to 51444

United Arab Emirates

1. Al Jalila Foundation
 - a. Description: Provides mental health support and resources.
 - b. Website: aljalilafoundation.ae
2. Dubai Community Health Centre
 - a. Description: Offers counseling and mental health services.
 - b. Website: dubaicommunityhc.com
3. The Lighthouse Arabia
 - a. Description: Provides mental health services and support groups.
 - b. Website: lighthousearabia.com
4. Priory Wellbeing Centre
 - a. Description: Offers mental health treatment and support.
 - b. Website: priorygroup.ae

Singapore

1. Samaritans of Singapore (SOS)
 - a. Description: Provides 24/7 crisis support and suicide prevention services.
 - b. Website: sos.org.sg
 - c. Phone: 1800 221 4444
2. Institute of Mental Health (IMH)
 - a. Description: Offers comprehensive mental health services and resources.
 - b. Website: imh.com.sg
3. Silver Ribbon (Singapore)
 - a. Description: Provides mental health education and support services.
 - b. Website: silverribbonsingapore.com
4. Care Corner Counselling Centre



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- a. Description: Offers counseling and support services.
 - b. Website: carecorner.org.sg
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Malaysia

1. Befrienders KL
 - a. Description: Provides 24/7 emotional support and crisis intervention services.
 - b. Website: befrienders.org.my
 - c. Phone: 03-7627 2929
 2. Mental Illness Awareness and Support Association (MIASA)
 - a. Description: Offers support and advocacy for mental health issues.
 - b. Website: miasa.org.my
 3. Malaysian Mental Health Association (MMHA)
 - a. Description: Provides resources, support, and information on mental health.
 - b. Website: mmha.org.my
 4. Relate Malaysia
 - a. Description: Offers mental health services, resources, and support.
 - b. Website: relate.com.my
-

Belgium

1. Tele-Onthaal
 - a. Description: Provides 24/7 emotional support and crisis intervention services.
 - b. Website: tele-onthaal.be
 - c. Phone: 106
 2. Centrum ter Preventie van Zelfdoding
 - a. Description: Offers support and resources for suicide prevention.
 - b. Website: zelfmoord1813.be
 - c. Phone: 1813
 3. Similes
 - a. Description: Provides support for families and friends of people with mental health issues.
 - b. Website: similes.be
 4. Mental Health Europe
 - a. Description: Offers resources and advocacy for mental health issues.
 - b. Website: mhe-sme.org
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Austria

1. Telefonseelsorge
 - a. Description: Provides 24/7 crisis support and emotional assistance.



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- b. Website: telefonseelsorge.at
 - c. Phone: 142
2. Psychologische Studentenberatung
 - a. Description: Offers psychological counseling for students.
 - b. Website: studentenberatung.at
3. HPE Österreich (Hilfe für Angehörige psychisch Erkrankter)
 - a. Description: Provides support for families of individuals with mental health issues.
 - b. Website: hpe.at
4. Österreichische Gesellschaft für Suizidprävention
 - a. Description: Offers resources and support for suicide prevention.
 - b. Website: oesg.at

Portugal

1. Voz de Apoio
 - a. Description: Provides 24/7 emotional support and crisis intervention services.
 - b. Website: vozdeapoio.pt
 - c. Phone: 225 50 60 70
2. Linha SOS Voz Amiga
 - a. Description: Offers emotional support through a helpline.
 - b. Phone: 213 544 545 / 912 802 669 / 963 524 660
3. PsiPorto
 - a. Description: Provides psychological counseling and support services.
 - b. Website: psiporto.pt
4. Associação Encontrar+se
 - a. Description: Offers resources and support for mental health issues.
 - b. Website: encontrarse.pt

Poland

1. Ośrodek Interwencji Kryzysowej
 - a. Description: Provides crisis intervention and support services.
 - b. Website: oik.waw.pl
2. Telefon Zaufania dla Dzieci i Młodzieży (for younger sales professionals)
 - a. Description: Offers 24/7 support for children and adolescents.
 - b. Phone: 116 111
3. Centrum Wsparcia
 - a. Description: Provides emotional support and crisis intervention.
 - b. Website: liniawsparcia.pl
 - c. Phone: 800 70 2222
4. Polskie Towarzystwo Pomocy Telefonicznej
 - a. Description: Offers telephone support for individuals in distress.



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- b. Website: ptpt.pl
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Czech Republic

1. Linka Bezpečí
 - a. Description: Provides 24/7 support for children and adolescents.
 - b. Website: linkabezpeci.cz
 - c. Phone: 116 111
 2. RIAPS
 - a. Description: Offers crisis intervention and support services.
 - b. Website: csspraha.cz
 3. Modrá Linka
 - a. Description: Provides telephone and online counseling services.
 - b. Website: modralinka.cz
 4. Czech Association for Mental Health
 - a. Description: Offers resources and support for mental health issues.
 - b. Website: czam.cz
-

Greece

KLIMAKA

1. Description: Provides mental health services and support for suicide prevention.
 - a. Website: klimaka.org.gr
 - b. Phone: 1018
 2. Fainareti
 - a. Description: Offers support for mental health during pregnancy and postpartum.
 - b. Website: fainareti.gr
 3. Mental Health Foundation of Greece
 - a. Description: Provides resources and support for mental health issues.
 - b. Website: mentalhealth-greece.gr
 4. Theotokos Foundation
 - a. Description: Offers support and resources for individuals with mental health issues.
 - b. Website: theotokos.gr
-

Turkey

1. Turkish Psychological Association
 - a. Description: Provides resources and support for mental health issues.
 - b. Website: psikolog.org.tr
2. ALO 182 (Psychological Support Hotline)
 - a. Description: Offers 24/7 psychological support services.



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- b. Phone: 182
 3. Beyaz Nokta (White Point)
 - a. Description: Provides mental health support and counseling.
 - b. Website: beyaznokta.org.tr
 4. Mental Health Association of Turkey
 - a. Description: Offers resources and support for mental health issues.
 - b. Website: ruhsağlıgıderneği.org.tr
-

Israel

1. ERAN
 - a. Description: Provides 24/7 emotional support and crisis intervention services.
 - b. Website: eran.org.il
 - c. Phone: 1201
 2. NATAL
 - a. Description: Offers trauma and crisis support services.
 - b. Website: natal.org.il
 3. Enosh – The Israeli Mental Health Association
 - a. Description: Provides support, advocacy, and resources for mental health.
 - b. Website: enosh.org.il
 4. Gisha
 - a. Description: Offers legal and psychological support services.
 - b. Website: gisha.org
-

Saudi Arabia

1. National Center for Mental Health Promotion
 - a. Description: Provides mental health resources and support services.
 - b. Website: ncmh.org.sa
 2. King Salman Center for Disability Research
 - a. Description: Offers support and resources for individuals with mental health issues and disabilities.
 - b. Website: kscdr.org.sa
 3. Saudi Society of Clinical Psychology
 - a. Description: Provides resources and support for mental health professionals and the public.
 - b. Website: sscp.org.sa
 4. Psychological Support Hotline
 - a. Description: Offers 24/7 psychological support services.
 - b. Phone: 9200 33360
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Indonesia



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1. Yayasan Pulih
 - a. Description: Provides psychological support and counseling services.
 - b. Website: yayasanpulih.org
2. Kementerian Kesehatan RI (Ministry of Health)
 - a. Description: Offers mental health resources and support services.
 - b. Website: kemkes.go.id
3. Into The Light Indonesia
 - a. Description: Provides support for mental health and suicide prevention.
 - b. Website: intothelightid.org
4. Pijar Psikologi
 - a. Description: Offers online counseling and mental health resources.
 - b. Website: pijarpsikologi.org

Thailand

1. Samaritans Thailand
 - a. Description: Provides 24/7 emotional support and crisis intervention services.
 - b. Website: samaritansthailand.org
 - c. Phone: 02 713 6791
2. Mental Health Department, Ministry of Public Health
 - a. Description: Offers mental health resources and support services.
 - b. Website: dmh.go.th
3. Hotline 1323
 - a. Description: Provides 24/7 psychological support and counseling services.
 - b. Phone: 1323
4. Thai Mental Health Crisis Assessment and Treatment Team
 - a. Description: Offers crisis intervention and mental health support.
 - b. Website: mhct.org

Philippines

1. National Center for Mental Health Crisis Hotline
 - a. Description: Provides 24/7 crisis support and mental health services.
 - b. Phone: 0917-899-USAP (8727) / 989-USAP (8727)
2. Hopeline
 - a. Description: Offers 24/7 emotional support and crisis intervention services.
 - b. Phone: 2919 (Globe/TM), 0917-558-4673
3. In Touch Community Services
 - a. Description: Provides counseling and mental health support services.
 - b. Website: in-touch.org
 - c. Phone: 0917-863-1136
4. Mental Health PH
 - a. Description: Offers resources and support for mental health issues.



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- b. Website: mentalhealthph.org
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Vietnam

1. Tam An Duong Counseling Center
 - a. Description: Provides psychological counseling and support services.
 - b. Website: tamanduong.vn
 2. Vietnamese Society for Stress Research and Prevention
 - a. Description: Offers support and resources for stress management and mental health.
 - b. Website: vaspr.vn
 3. National Institute of Mental Health
 - a. Description: Provides mental health care and resources.
 - b. Website: nimh.gov.vn
 4. FPT University Counseling Center
 - a. Description: Offers psychological support and counseling for students.
 - b. Website: fpt.edu.vn
-

Nigeria

1. Mentally Aware Nigeria Initiative (MANI)
 - a. Description: Provides mental health awareness, education, and support services.
 - b. Website: mentallyaware.org
 2. She Writes Woman
 - a. Description: Offers mental health support and advocacy for women.
 - b. Website: shewriteswoman.org
 3. Mental Health Foundation Nigeria
 - a. Description: Provides resources and support for mental health issues.
 - b. Website: mhfn.org
 4. Gracehill Behavioral Health Services
 - a. Description: Offers counseling and mental health support services.
 - b. Website: gracehillbehavioralhealth.com
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South Africa

1. South African Depression and Anxiety Group (SADAG)
 - a. Description: Provides counseling and resources for mental health issues.
 - b. Website: sadag.org
 - c. Phone: 0800 21 22 23
2. LifeLine South Africa
 - a. Description: Offers 24/7 counseling and support services.



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- b. Website: lifelinesa.co.za
 3. Mental Health Information Centre of Southern Africa
 - a. Description: Provides resources and information on mental health issues.
 - b. Website: sun.ac.za
 4. Akeso Clinics
 - a. Description: Offers mental health treatment and support services.
 - b. Website: akeso.co.za
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Kenya

1. Chiromo Mental Health Hospital
 - a. Description: Provides mental health care and support services.
 - b. Website: chiromohospital.co.ke
 2. BasicNeeds Kenya
 - i. Description: Offers support and advocacy for mental health issues.
 3. Website: basicneedskenya.org
 4. Befrienders Kenya
 - a. Description: Provides emotional support and crisis intervention services.
 - b. Website: befrienderskenya.org
 5. Kenya Red Cross Society
 - a. Description: Offers various support services, including crisis intervention.
 - b. Website: redcross.or.ke
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Uganda

1. Mental Health Uganda
 - a. Description: Provides advocacy, support, and resources for mental health issues.
 - b. Website: mentalhealthuganda.org
 2. StrongMinds Uganda
 - a. Description: Offers group therapy and mental health support for women.
 - b. Website: strongminds.org
 3. Butabika National Referral Hospital
 - a. Description: Provides mental health care and support services.
 - b. Website: butabika.go.ug
 4. TPO Uganda
 - a. Description: Offers psychosocial support and mental health services.
 - b. Website: tpoug.org
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Egypt

1. Egyptian Ministry of Health and Population



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- a. Description: Provides mental health resources and support services.
 - b. Website: mohp.gov.eg
2. Behman Hospital
 - a. Description: Offers mental health care and support services.
 - b. Website: behman.com
3. AlMashfa Hospital
 - a. Description: Provides mental health treatment and support services.
 - b. Website: almashfa.com
4. Egyptian Psychiatric Association
 - a. Description: Offers resources and support for mental health professionals and the public.
 - b. Website: egypt-psy.org

Morocco

1. Association Marocaine de Soutien, d’Aide et d’Écoute des Personnes à Problèmes Psychologiques (AMSEPP)
 - a. Description: Provides support and resources for mental health issues.
 - b. Website: amsepp.org
2. Hôpitaux Universitaires de Rabat
 - a. Description: Offers mental health care and support services.
 - b. Website: churabat.ma
3. Association des Psychiatres du Maroc
 - a. Description: Provides resources and support for mental health professionals and the public.
 - b. Website: apm.ma
4. Ligue Marocaine pour la Santé Mentale
 - a. Description: Offers advocacy, support, and resources for mental health issues.
 - b. Website: santementale.ma

Peru

1. Linea 100
 - a. Description: Provides 24/7 emotional support and crisis intervention services.
 - b. Website: linea100.gob.pe
 - c. Phone: 100
2. Sociedad Peruana de Salud Mental
 - a. Description: Offers resources and support for mental health issues.
 - b. Website: spsm.org.pe
3. Centro de Emergencia Mujer
 - a. Description: Provides support for women in crisis situations, including mental health support.
 - b. Website: mimp.gob.pe



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4. Centro de Asistencia y Orientación Psicológica (CAPSI)
 - a. Description: Offers psychological counseling and support services.
 - b. Website: capsi.com.pe
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Chile

1. Salud Mental Chile
 - a. Description: Provides mental health resources and support services.
 - b. Website: saludmentalchile.cl
 2. Línea 123 Salud Responde
 - a. Description: Offers 24/7 psychological support and crisis intervention.
 - b. Phone: 123
 3. Red de Apoyo a la Salud Mental (RASAM)
 - a. Description: Provides resources and support for mental health issues.
 - b. Website: rasam.cl
 4. Santiago Mental Health Clinic
 - a. Description: Offers comprehensive mental health care and support services.
 - b. Website: santiagomentalhealth.cl
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Colombia

1. Línea Nacional Contra el Suicidio
 - a. Description: Provides 24/7 crisis support and suicide prevention services.
 - b. Phone: 192
 2. Asociación Colombiana de Psiquiatría
 - a. Description: Offers resources and support for mental health issues.
 - b. Website: acp.org.co
 3. Fundación Sergio Urrego
 - a. Description: Provides support and advocacy for mental health and LGBTQ+ issues.
 - b. Website: fundacionsergiourrego.org
 4. Red Nacional de Apoyo Psicológico
 - a. Description: Offers psychological counseling and support services.
 - b. Website: rednacionaldeapoyopsicologico.org
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Argentina

1. Teléfono para la Vida
 - a. Description: Provides 24/7 emotional support and crisis intervention.
 - b. Phone: 135 (from Buenos Aires) or 0800 345 1435 (from the interior of Argentina)
2. Centro de Asistencia al Suicida
 - a. Description: Offers support for individuals in crisis and their families.



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- b. Website: casbuenosaires.com.ar
 3. Fundación Buenos Aires Sida
 - a. Description: Provides mental health support and resources.
 - b. Website: fbas.org.ar
 4. Asociación Argentina de Salud Mental (AASM)
 - a. Description: Offers resources and support for mental health professionals and the public.
 - b. Website: aasm.org.ar
-

Bolivia

1. Fundación Nueva Esperanza
 - a. Description: Provides mental health support and counseling services.
 - b. Website: fundacionnuevaesperanza.org
 2. Teléfono de la Esperanza
 - a. Description: Offers 24/7 emotional support and crisis intervention.
 - b. Phone: 224 49 50
 3. Centro de Atención Psicológica Integral (CAPSI)
 - a. Description: Provides psychological counseling and support services.
 - b. Website: capsibolivia.org
 4. Red de Apoyo Psicológico Bolivia
 - a. Description: Offers support and resources for mental health issues.
 - b. Website: redapoyopsicologicobolivia.org
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Ecuador

1. Línea 171
 - a. Description: Provides 24/7 crisis support and mental health services.
 - b. Phone: 171
 2. Fundación TASE
 - a. Description: Offers psychological counseling and support services.
 - b. Website: fundaciontase.org
 3. Salud Mental Ecuador
 - a. Description: Provides resources and support for mental health issues.
 - b. Website: saludmentalecuador.org
 4. Ministerio de Salud Pública del Ecuador
 - a. Description: Offers mental health resources and support services.
 - b. Website: salud.gob.ec
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Venezuela



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1. Fundación Amigos en Marcha
 - a. Description: Provides mental health support and counseling services.
 - b. Website: amigosenmarcha.org
2. Línea de Atención Psicológica
 - a. Description: Offers 24/7 psychological support and crisis intervention.
 - b. Phone: 0800-PSIQUE (0800-7748373)
3. Psicólogos Sin Fronteras Venezuela
 - a. Description: Provides mental health resources and support services.
 - b. Website: psicologossinfronteras.org
4. Red de Apoyo Psicológico Venezuela
 - a. Description: Offers support and resources for mental health issues.
 - b. Website: redapoyopsicologicovenezuela.org

Paraguay

1. Fundación Kuña Aty
 - a. Description: Provides mental health support and counseling services.
 - b. Website: fundacionkunaty.org
2. Teléfono de la Esperanza Paraguay
 - a. Description: Offers 24/7 emotional support and crisis intervention.
 - b. Phone: (021) 220 418
3. Red de Apoyo Psicológico Paraguay
 - a. Description: Provides resources and support for mental health issues.
 - b. Website: redapoyopsicologicoparaguay.org
4. Ministerio de Salud Pública y Bienestar Social
 - a. Description: Offers mental health resources and support services.
 - b. Website: mspbs.gov.py

Uruguay

1. Teléfono de la Esperanza Uruguay
 - a. Description: Provides 24/7 emotional support and crisis intervention services.
 - b. Phone: 2400 8410
2. Asociación Uruguaya de Psicoterapia Psicoanalítica
 - a. Description: Offers resources and support for mental health issues.
 - b. Website: aupp.org.uy
3. Fundación Corazoncitos
 - a. Description: Provides mental health support for children and families.
 - b. Website: corazoncitos.org.uy
4. Ministerio de Salud Pública del Uruguay
 - a. Description: Offers mental health resources and support services.
 - b. Website: msp.gub.uy



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Bangladesh

1. Kaan Pete Roi
 - a. Description: Provides emotional support and crisis intervention through a volunteer-based helpline.
 - b. Website: kaanpeteroi.org
 - c. Phone: 199
2. Moner Bondhu
 - a. Description: Offers online counseling and mental health support services.
 - b. Website: monerbondhu.org
3. LifeSpring
 - a. Description: Provides psychological counseling and mental health resources.
 - b. Website: lifespringint.com
4. Bangladesh Association of Psychiatrists
 - a. Description: Offers resources and support for mental health professionals and the public.
 - b. Website: bapbd.org

Pakistan

1. Umang Pakistan
 - a. Description: Provides mental health support and counseling services.
 - b. Website: umang.org.pk
2. Rozan
 - a. Description: Offers mental health resources and support services, focusing on emotional well-being.
 - b. Website: rozan.org
3. Mental Health Pakistan
 - a. Description: Provides mental health awareness, education, and support.
 - b. Website: mentalhealthpakistan.org
4. Taskeen
 - a. Description: Offers mental health resources and support for emotional well-being.
 - b. Website: taskeen.org

Sri Lanka

1. Sumithrayo
 - a. Description: Provides emotional support and crisis intervention services.
 - b. Website: sumithrayo.org
 - c. Phone: 011 2692909
2. Sri Lanka Sumithrayo
 - a. Description: Offers 24/7 emotional support and counseling services.
 - b. Website: sumithrayo.lk



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3. National Institute of Mental Health (NIMH)
 - a. Description: Provides mental health care and resources.
 - b. Website: nimh.health.gov.lk
 4. CCC Foundation Sri Lanka
 - a. Description: Offers mental health support and counseling services.
 - b. Website: cccfoundation.org.lk
-

Nepal

1. TPO Nepal
 - a. Description: Provides mental health care, psychosocial support, and counseling services.
 - b. Website: tpo-nepal.org
 2. Patan Hospital Mental Health Programme
 - a. Description: Offers mental health treatment and support services.
 - b. Website: patanhospital.gov.np
 3. KOSHISH
 - a. Description: Provides mental health advocacy and support services.
 - b. Website: koshishnepal.org
 4. Transcultural Psychosocial Organization Nepal
 - a. Description: Offers psychosocial support and mental health services.
 - b. Website: tponepal.org
-

Malaysia

1. Befrienders KL
 - a. Description: Provides 24/7 emotional support and crisis intervention services.
 - b. Website: befrienders.org.my
 - c. Phone: 03-7627 2929
 2. Mental Illness Awareness and Support Association (MIASA)
 - a. Description: Offers support and advocacy for mental health issues.
 - b. Website: miasa.org.my
 3. Malaysian Mental Health Association (MMHA)
 - a. Description: Provides resources, support, and information on mental health.
 - b. Website: mmha.org.my
 4. Relate Malaysia
 - a. Description: Offers mental health services, resources, and support.
 - b. Website: relate.com.my
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Singapore

1. Samaritans of Singapore (SOS)



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- a. Description: Provides 24/7 crisis support and suicide prevention services.
- b. Website: sos.org.sg
- c. Phone: 1800 221 4444
2. Institute of Mental Health (IMH)
 - a. Description: Offers comprehensive mental health services and resources.
 - b. Website: imh.com.sg
3. Silver Ribbon (Singapore)
 - a. Description: Provides mental health education and support services.
 - b. Website: silverribbonsingapore.com
4. Care Corner Counselling Centre
 - a. Description: Offers counseling and support services.
 - b. Website: carecorner.org.sg

Indonesia

1. Yayasan Pulih
 - a. Description: Provides psychological support and counseling services.
 - b. Website: yayasanpulih.org
2. Kementerian Kesehatan RI (Ministry of Health)
 - a. Description: Offers mental health resources and support services.
 - b. Website: kemkes.go.id
3. Into The Light Indonesia
 - a. Description: Provides support for mental health and suicide prevention.
 - b. Website: intothelightid.org
4. Pijar Psikologi
 - a. Description: Offers online counseling and mental health resources.
 - b. Website: pijarpsikologi.org

New Zealand

1. Lifeline New Zealand
 - a. Description: Provides 24/7 crisis support and counseling services.
 - b. Website: lifeline.org.nz
 - c. Phone: 0800 543 354 or text HELP (4357)
2. Mental Health Foundation of New Zealand
 - a. Description: Offers resources, advocacy, and support for mental health.
 - b. Website: mentalhealth.org.nz
3. Youthline
 - a. Description: Provides support and counseling for young people.
 - b. Website: youthline.co.nz
 - c. Phone: 0800 376 633
4. Samaritans New Zealand
 - a. Description: Offers 24/7 emotional support and crisis intervention.



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- b. Website: samaritans.org.nz
- c. Phone: 0800 726 666