

Emotional/Crisis Support Resources Provided by Registered Bodies in Group A Specified Places

It is important to maintain your mental wellbeing no matter where you are. Whenever needs arise, you are encouraged to seek professional services that you are familiar within your vicinity.

In case you would like to know more about the emotional or crisis support resources at the specified places currently listed as high risk by the Hong Kong Government, you are welcome to consider the information below and make further enquiry with these organizations/helplines.

Country	Organization	Purposes	Hotline	Email/ Messenger	Website
Australia	Lifeline Australia	Provide 24/7 crisis counselling, support groups and suicide prevention services	13 11 14	text: 0477 13 11 14 (12pm to midnight AEST) 24/7 Crisis chat online: www.lifeline.org.au/crisis-chat	www.lifeline.org.au
Australia	Suicide Call Back Service	Provide 24/7 video, online and phone crisis support services	1300 659 467	Online/video chat: www.suicidecallbackservice.org.au/phone-and-online-counselling	www.suicidecallbackservice.org.au
Australia	Beyond Blue	Provide 24/7 video, online and phone crisis support services	1300 22 4636	Online chat (11am-12am AEST everyday): online.beyondblue.org.au/WebModules/Chat/InitialInformation.aspx	https://www.beyondblue.org.au

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Canada	The Canada Suicide Prevention Service	24/7 suicide hotline	1.833.456.4566	Text (4pm-midnight ET, standard text messaging rates apply): 45645	www.crisisservicescanada.ca/en
France	Fil santé jeunes (12-25 years old youth)	Provide anonymous and free tele counselling service for young people	0 800 235 236 9am - 10pm	www.facebook.com/filsantejeunes ; twitter.com/Filsantejeunes ; www.instagram.com/filsantejeunes	www.filsantejeunes.com
France	Suicide écoute	Suicide prevention helpline provided by volunteers	24/7: 01 45 39 40 00		suicideecoute.pads.fr/accueil
France	La Croix Rouge Ecoute	Psychological support service by telephone provided by Red Cross volunteers	0 800 858 858 Mon - Fri: 9am - 7pm Sat & Sun: 12pm - 6pm		www.croix-rouge.fr/Nos-actions/Action-sociale/Ecoute-acces-aux-droits/Croix-Rouge-Ecoute-service-de-soutien-psychologique-par-telephone
India	National Institute of Mental Health and Neurosciences (NIMHANS)	Multidisciplinary institute for patient care and academic pursuit in the field of mental health and neurosciences	Toll-free number: 080 - 4611 0007	ms@nimhans.kar.nic.in	nimhans.ac.in/pssmhs-helpline
India	Apollo 247 Online Doctor Consultation / clinical Psychologist consultation	Round the clock online consultation available for various specialties including Psychiatry			www.apollo247.com/specialties/psychiatry www.apollo247.com/specialties/clinical-psychology
India	iCALL Psychosocial Helpline	List of 130 names of mental health professionals all over India. It's an initiative by Tata Institute of Social Sciences, an ivy league school in Asia			m.facebook.com/story.php?story_fbid=1663493417046161&id=435423836519798

Country	Organization	Purposes	Hotline	Email/ Messenger	Website
India	Institute for Psychological Health	List of psychologists available for online counselling/consulting; organization is based in Bombay	022 – 25385447	maitra@healthymind.org	www.healthymind.org/online-counseling.php
Pakistan	UMANG	Mental Health helpline	(92) 0311 7786264 (24/7)		www.umang.com.pk
The Philippines	National Mental Health Crisis Hotline		1553 (Central-wide landline toll-free); 0966-351-4518, 0917-899-8727, 0917-899-USAP (GLOBE/ TM Subscribers); 0908-639-2672 (SMART/ SUN/ TNT Subscribers)		doh.gov.ph/NCMH-Crisis-Hotline
The Philippines	Philippine Mental Health Association			pmhacds@gmail.com Viber: 0995-093-2679/ 0918-402-9832 (Mon - Fri: 8am to 8pm)	pmha.org.ph
The Philippines	Mental Health First Responders	Emotional or peer support with MHFR volunteers			docs.google.com/forms/d/e/1FAIpQLSdPcWQ9oEKcAHMHQ3aDHJlcGoBH28ihlkj-Cs7UGdsrMlwdQ/viewform
UK	Samaritans (UK, Ireland, Scotland and Wales)	Available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts	116123 (free, 24/7)	jo@samaritans.org	www.samaritans.org
UK	Supportline	Offers emotional support by telephone, email and post	01708 765200 (free, confidential)	info@supportline.org	www.supportline.org.uk

Country	Organization	Purposes	Hotline	Email/ Messenger	Website
UK	Shout [For residents in the UK, including England, Scotland, Wales, and Northern Ireland]	Text messaging support service for anyone who is struggling to cope (Free, confidential, 24/7, anonymous)		Texting the word 'SHOUT' to 85258 (or text "YM" if you're under 19)	giveusashout.org/get-help/how-shout-works
USA	National Suicide Prevention Lifeline (General public, spanish speakers, deaf and hard of hearing individuals in the USA)	provides 24/7, free and confidential support for people in distress	1 800 273 8255	www.facebook.com/800273talk ; https://twitter.com/800273TALK ; suicidepreventionlifeline.org/chat	suicidepreventionlifeline.org
USA	Samaritans	provide 24/7 free, confidential, and anonymous Statewide helpline	(877) 870 4673	www.facebook.com/Samaritansinc ; https://www.instagram.com/samaritanshope ; twitter.com/SamaritansHope ; sms (877) 870 4673	samaritanshope.org

Disclaimer

The services listed may not be exhaustive. CEDARS is not responsible for and makes no representations or endorsements to the quality or services offered by any Organization or Helpline listed in this table.

While CEDARS will update the information from time to time, they (e.g., service links) are subject to change by the third party with no control from us.

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