



If Things Get Heavy

If you are in crisis or have thoughts of self-harm:

Please reach out immediately.

Check these helpline numbers below (all over the world) :

India:

- iCall: 9152987821
- Vandrevalla Foundation (24/7): 1860-2662-345
- KIRAN: 1800-5990019
- National Institute of Mental Health and Neurosciences (NIMHANS) Helpline: 080-46110007

United States (US) and Canada:

- NAMI Helpline: 1-800-950-6264 or text NAMI to 741-741
- Crisis Support Services national helpline: 800-273-8255
- SAMHSA's National Helpline (substance abuse and mental health): 800-662-HELP (800-662-4357)
- Hope for Wellness 24/7 Help Line mental health counselling and crisis intervention for all Indigenous peoples across Canada: 1-855-242-3310

United Kingdom (UK):

NHS: 111

Find a local NHS urgent mental health helpline (England only)

Anxiety UK: 03444 775 774

Breathing Space (Scotland): 0800 83 85 87

Mind Infoline: 0300 123 3393

SANeline national out-of-hours mental health helpline: 0300 304 7000

Europe:

· <https://www.mentalhealtheurope.org/library/youth-helplines/>

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

International Association for Suicide Prevention:

· https://www.iasp.info/resources/Crisis_Centres/ (lists of crisis centers by country)

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

For ongoing support:

Talk to a therapist or counsellor

Reach out to a trusted person in your life

Look for community support groups in your area