

# MHFA



MENTAL HEALTH FIRST AID ISRAEL

## Country-Specific Hotlines

### North America

- **United States: 988** (Suicide & Crisis Lifeline)
- **Canada: 988** or **1-833-456-4566** ([talksuicide.ca](https://talksuicide.ca))
- **Mexico: SAPTEL 800-472-7835**

### Europe

- **United Kingdom: 116 123** (Samaritans)
- **Ireland: 116 123** (Pieta House, Samaritans)
- **France: 3114** (Suicide Prevention Helpline)
- **Germany: Telefonseelsorge 0800 111 0111**
- **Spain: Teléfono de la Esperanza 717 003 717**
- **Italy: Telefono Amico 199 284 284**
- **Netherlands: 0900-0113** (Suicide Prevention NL)
- **Belgium: 1813** (Zelfmoordlijn)
- **Sweden: Mind Självmordslinjen 90101**
- **Denmark: Livslinien 70 201 201**
- **Norway: Mental Helse 116 123**
- **Finland: MIELI Crisis Helpline 09-2525 0111**
- **Switzerland: Tel 143 143** (La Main Tendue)
- **Poland: Befrienders 22 484 88 01**
- **Hungary: S.O.S. Crisis Line 116 123**
- **Russia: Moscow Psychological Help 051**

### Israel & Middle East

- **Israel: Eran (Emotional First Aid) 1201** ([www.eran.org.il](http://www.eran.org.il))
- **Turkey: Sevinç Abı 444 7471**
- **United Arab Emirates: Al Amal Mental Health 800 4673**
- **Saudi Arabia: National Center for Mental Health 920033360**
- **Iran: Iran National Helpline 1480**
- **Lebanon: Embrace Lifeline 1564**
- **Egypt: Befrienders Cairo 762 1602**

## Asia & Pacific

- **India:** Vandrevala Foundation **1860 266 2345** / Snehi **+91-9582208181**
- **Japan:** Tokyo English Lifeline (TELL) **03-5774-0992**
- **China:** Lifeline Shanghai **400 821 1215**
- **South Korea:** Mental Health Center Crisis Line **1577-0199**
- **Taiwan:** Taiwan Suicide Prevention Center **1925**
- **Thailand:** Samaritans of Thailand **02 713 6793**
- **Philippines:** Hopeline **0917-558-4673**
- **Pakistan:** Umang **0333-5266264**
- **Bangladesh:** Kaan Pete Roi **+880 960 999 1111**
- **Malaysia:** Befrienders KL **03-7627 2929**
- **Indonesia:** LAPK Foundation **+62 21 426 0453**
- **Vietnam:** Vietnam Mental Health Hotline **1900 6233**

## Africa

- **South Africa:** SADAG **0800 567 567** ([www.sadag.org](http://www.sadag.org))
- **Nigeria:** Mentally Aware Nigeria **0809 111 6264**
- **Kenya:** Befrienders Kenya **+254 722 178 177**
- **Ghana:** Lifeline Ghana **233 244 846 701**
- **Egypt:** Befrienders Cairo **762 1602**

## Australia & New Zealand

- **Australia:** Lifeline **13 11 14** ([www.lifeline.org.au](http://www.lifeline.org.au))
- **New Zealand:** Lifeline NZ **0800 543 354**

**For more information contact Mental Health First Aid Israel via WhatsApp -  
+15166361618**

