

Contact Points and Information Pages

Dear participant,

Thank you for your interest, your willingness to cooperate and your help with our study!

If the content of our survey made you uncomfortable or thoughtful and if you feel mentally burdened—as a result of participating in the study or for other reasons—and urgently want to talk to someone about it, please do not hesitate to contact an **advice center**.

Various **contact points** that you can turn to are listed below. You will also find links to selected **information pages** relating to mental health problems.

Contact Points USA

Crisis Call Center

24 hours a day, 365 days a year

Helpline: 1 800 273 8255

Text support: text CARE to 839863 for 24/7/365 crisis support

Website: <https://cssnv.org>

SAMHSA Treatment Referral Helpline (Substance Abuse and Mental Health Services Administration)

24 hours a day, 7 days a week

Helpline: 1 877 726 4727

Speak to a live person, Monday through Friday from 8am to 8pm, EST

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

National Suicide Prevention Lifeline

24 hours a day, 7 days a week

Helpline: 1 800 273 8255

Live chat support: <https://suicidepreventionlifeline.org/chat/>

Deaf, hard of hearing, hearing loss: <https://suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing/>

En español – helpline: 1 888 628 9454

Website: <https://suicidepreventionlifeline.org>

Contact Points Canada

Crisis Services Canada

24 hours a day, 365 days a year

Helpline: 1 833 456 4566

Text support: 45645

Website: <https://www.crisisservicescanada.ca/en/>

In French: <https://www.crisisservicescanada.ca/fr/>

Distress Centres of Greater Toronto

24 hours a day, 365 days a year

Helpline: 416 408 4357

Text support: 45645

Website: <https://www.dcoegt.com>

Hope for Wellness

Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada

Help in French, Cree, Ojibway, and Inuktitut available

24 hours a day, 7 days a week

Helpline: 1-855-242-3310)

Chat support: on website

Website: <https://www.hopeforwellness.ca>

Contact Points Australia

Beyond Blue

24 hours, 7 days a week

Helpline: 1300 22 4636

Chat support: 1pm–12am, AEST, every day

Website: <https://www.beyondblue.org.au/get-support/get-immediate-support>

Mental Health Emergency Response Line

24 hours, 7 days a week

Helpline (Metro): 1300 555 788

Helpline (Peel): 1800 676 822

Website: <https://www.mhc.wa.gov.au/getting-help/helplines/mental-health-response-line/>

Samaritans

8am–8pm, AWST

Helpline: 135 247

Youthline: 1800 198 313

Email support: support@thesamaritans.org.au

Website: <https://thesamaritans.org.au>

Contact Points United Kingdom

Samaritans

24 hours a day, 365 days a year

Helpline: 116 123 (free from any phone)

E-mail: jo@samaritans.org

Samaritans Welsh Language Line Phone: 0808 164 0123 (7pm–11pm every day)

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

SANEline

4.30pm–10.30pm, every day

Helpline: 0300 304 7000

Website: http://www.sane.org.uk/what_we_do/support/helpline

Anxiety UK

Mon–Fri 9.30am–5.30pm

Helpline: 0344 477 5774

Text support: 07537 416 905

Website: <https://www.anxietyuk.org.uk>

Contact Points Republic of Ireland

Samaritans

24 hours, 7 days a week

Helpline: 116 123

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

Service in Welsh: <https://www.samaritans.org/how-we-can-help/contact-samaritan/welsh-language-phone-line/>

Pieta

24 hours, 7 days a week

Helpline: 1800 247 247

Text support: 51444 (text HELP)

Website: <https://www.pieta.ie>

Information Pages relating to Mental Health Problems

World Health Organization WHO: Mental health

https://www.who.int/health-topics/mental-health#tab=tab_1

With fact sheets on mental disorders such as depression

Anxiety UK

<https://www.anxietyuk.org.uk>

Australian Government Department of Health: Head to health

<https://headtohealth.gov.au>

U.S. Department of Health & Human Services: Mental Health.gov, Let's talk about it

<https://www.mentalhealth.gov>

National Institute of Mental Health

<https://www.nimh.nih.gov>

The information that can be retrieved via the list compiled here is in no way intended to be a substitute for professional advice or treatment. If you have any questions about your health, please contact trained professionals instead of performing or refraining from treatments yourself. The content of these information pages should not be used to diagnose or select and administer treatments.

There is no relationship with the authors of the pages listed as links.