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## **VETERINARY SPECIFIC RESOURCES**

### Vets In Mind

* This is an App for smartphones and tablets which lists many helpful resources on various mental health topics and also lists helplines in various countries worldwide. A Ukrainian section is now also available in the App

<https://www.vets-in-mind.org>

### Not One More Vet

* Organisation dedicated to the mental wellness of the veterinary profession, which lists crisis numbers in various countries worldwide and other information on mental health <https://www.nomv.org/crisis-numbers/>

### FECAVA Mental Health Working Group

* Online resources and information on mental health and emotional wellbeing by the FECAVA Mental Health Working Group

<https://www.fecava.org/clinicians/mental-health-and-well-being/>

### WSAVA Professional Wellness Group

* The website of the WSAVA Professional Wellness Group has many helpful resources and additional external links related to mental health <https://wsava.org/committees/professional-wellness-group/>

### Veterinary Crisis Support in Northern Ireland and UK

* United Kingdom

**Vetlife**

website: <https://www.vetlife.org.uk>

(+44) 0303 040 2551

* Northern Ireland

**Vet Support NI**: <https://vetsupport.me>

## **GENERAL ONLINE RESOURCES**

### Free Online counselling/therapy

* Therapists offering free online counselling for any person directly affected by the war in the Ukraine can be accessed through several websites, including:

<https://complicated.life/en/find-help-with/therapists-for-ukraine>

<https://www.therapyroute.com/free-therapy-for-ukraine>

<https://www.existentialacademy.com/ess/> (course of 8 Zoom sessions; English speaking service)

### Mental Health For Ukraine (MH4U)

* MH4U is aimed at improving the quality and accessibility of care and psychosocial support for people with mental disorders in Ukraine.

[www.mh4u.in.ua](http://www.mh4u.in.ua)

### Handbook for Refugee Parents

* The Parents' Guide gives you specific tips and tricks on how to deal with your children's reactions to dramatic life events and how to make them feel safe. <https://www.rodekors.dk/sites/rodekors.dk/files/2022-04/Guide_Ukrainsk_PDF_enkeltsider.pdf>

Also available as a downloadable mobile App <https://appurl.io/j6vuhyks>

### National Institute of Mental Health of the Czech Republic

* The National Institute of Mental Health of the Czech Republic have made their excellent online mental health support system available in Ukrainian:

 <https://www.samopomi.ch>

### World Health Organisation Mental Health Resources

The WHO has several excellent publications:

* WHO PDF booklet for anybody dealing with difficult life circumstances: <https://apps.who.int/iris/handle/10665/339150> (Ukrainian version, also available in other languages)
* WHO PDF booklet for community workers providing information on how to offer psychological first aid to others: <https://www.who.int/publications/i/item/9789241548205> Ukrainian version available here: <http://apps.who.int/iris/bitstream/handle/10665/44615/9786176150787-ukr.pdf?sequence=72>

### Royal College of Psychiatrists

Information for people affected by trauma and their carers, family and friends

* Coping after a traumatic event [https://www.rcpsych.ac.uk/mental-health/translations/ukrainian/Подолання-наслідків-травмуючої-події](https://www.rcpsych.ac.uk/mental-health/translations/ukrainian/%D0%9F%D0%BE%D0%B4%D0%BE%D0%BB%D0%B0%D0%BD%D0%BD%D1%8F-%D0%BD%D0%B0%D1%81%D0%BB%D1%96%D0%B4%D0%BA%D1%96%D0%B2-%D1%82%D1%80%D0%B0%D0%B2%D0%BC%D1%83%D1%8E%D1%87%D0%BE%D1%97-%D0%BF%D0%BE%D0%B4%D1%96%D1%97)
* Post Traumatic Stress Disorder [https://www.rcpsych.ac.uk/mental-health/translations/ukrainian/Посттравматичний-стресовий-розлад-(ПТСР)](https://www.rcpsych.ac.uk/mental-health/translations/ukrainian/%D0%9F%D0%BE%D1%81%D1%82%D1%82%D1%80%D0%B0%D0%B2%D0%BC%D0%B0%D1%82%D0%B8%D1%87%D0%BD%D0%B8%D0%B9-%D1%81%D1%82%D1%80%D0%B5%D1%81%D0%BE%D0%B2%D0%B8%D0%B9-%D1%80%D0%BE%D0%B7%D0%BB%D0%B0%D0%B4-%28%D0%9F%D0%A2%D0%A1%D0%A0%29)

### Centre for the Study of Traumatic Stress

The centre offers evidence-based free mental health resources including quick guides and fact sheets on a range of topics:

* Resources available in Ukrainian <https://www.cstsonline.org/war-in-ukraine/other-languages/ukrainian>

### Mental Health Europe

Website with many resources:

* Articles about managing mental health during war times and a list of mental health resources and psychosocial support in Ukraine and neighbouring countries:

<https://www.mhe-sme.org/what-we-do/ukraine/#1587359837559-f3c3c6cb-34d4>

* Interactive map with information on mental health support helplines and other services: <https://www.mhe-sme.org/library/helplines/>

## **GENERAL CRISIS SUPPORT LINES EUROPE & NORTH AMERICA**

(sources: [www.therapyroute.com](http://www.therapyroute.com) and <https://www.mhe-sme.org>)

### UKRAINE

* La Strada-Ukraine/Ла Страда-Україна is a non-governmental organization that has national hotline in Ukraine to prevent gender-based violence and national children's hotline for children who need support and advice.

(+380) 0 800 500 335 / 116 123 (National Hotline for the Prevention of Domestic Violence, Human Trafficking, and Gender Discrimination)

(+380) 0 800 500 225 / 116 111 (National Children's Hotline)

* Lifeline Ukraine is a 24/7 professional line on suicide prevention and mental health support helpline focusing on veterans.

(+380) 7333

* Telephone of confidence "Stavropyghion-058" Lviv is a mental health hotline in Ukraine that operates from 12am -11pm everyday.

(+380) 058

* Odessa Confidence Telephone Service is a mental health hotline in Ukraine that operates from 10:00 - 08:00 every Monday-Friday and 19:00 - 08:00 every Saturday to Sunday.

(+380) 0487 327715/ 0482 226565

### EUROPE OUTSIDE UKRAINE (A-Z by country)

**Albania**

* The National Helpline for Children - ALO 116

(+355) 116000

**Andorra**

* Andorra Emergency Hotline

(+376) 112

**Armenia**

* Trust Social Work and Sociological Research Centre

(+374) 02538194

(+374) 02538197

**Austria**

* **Telefonseelsorge für Menschen in schwierigen Lebenssituationen**

(+43) **142 (Notruf) (24/7)**

* **Notfallpsychologischer Dienst Österreich**
(+43) 699 188 554 00 (24/7)

**Belgium**

* General helpline

(+32) 0800 14 689

(+32) 106 (Dutch)
(+32) 107 (French)

* Zelfmoordlijn1813
(+32) 1813 (Dutch)
(+32) 0800 32 123 (French)

**Bosnia & Herzegovina**

* General Helpline

(+387) 080 05 03 05

**Bulgaria**

* Bulgarian National Helpline for Children offers 24-hour services for children in Bulgaria who need someone to talk to or be with them at a difficult time.

(+359) 116 111

* Sofia Hotline offers service to people in Bulgaria who need help related to suicide.

(+359) 249 17 223

**Croatia**

* Plavi Telefon- Blue Phone provides support to people in Croatia for issues such as depression, alcoholism, drug abuse and suicide that traditional centres might not accomplish.

(+385) 014833888

**Czech Republic**

* Emotional support helpline, operated by Ztracené dítě o.s., provides emotional support to adults who are suffering from loneliness, are in a state of psychological crisis or thinking about committing suicide.

(+420) 116123

* Modrá linka z. s. offers services to people in Czech Republic

(+420) 608902410

**Denmark**

* Livslinien offers services to people in Denmark who are in distress or at risk of suicide.

(+45) 70201201

**Estonia**

* Eluliin (Estonian Lifeline) provides to people in Estonia who are in distress or at risk of suicide.

(+372) 6558088

**Finland**

* MIELI Suomen Mielenterveys ry provides mental health information and services to people in Finland who are in distress or at risk of suicide.

(+358) 09 2525 0111

**France**

* SOS Amitié offers 24/7 service in France for anyone who needs to speak anonymously and confidentially. They have 1,700 trained listening volunteers that can listen to your malaise.

(+33) 09 72 39 40 50

* Suicide écoute offers 24-hour service to people in France who suffer both psychologically and physically.

(+33) 01 45 39 40 00

**Germany**

* Emotional support helpline, operated by Die TelefonSeelsorge, provides emotional support to adults who are suffering from loneliness, are in a state of psychological crisis or thinking about committing suicide.

(+49) 116 123

* Telefon Seelsorge offers 24-hour emotional support to people in Germany who are in distress or at risk of suicide.

(+49) 0800 111 0 111 or 0800 111 0 222

**Greece**

* Emotional support helpline, operated by Life Line Hellas, provides emotional support to adults who are suffering from loneliness, are in a state of psychological crisis or thinking about committing suicide.

(+30) 116123

* 24 Hour Suicide Prevention Line offers 24-hour service to people in Greece who experience depression and suicidal thoughts.

(+30) 1018

**Hungary**

* Emotional support helpline operated by LESZ, offers 24-hour service to anyone in distress or at risk of suicide in Hungary.

(+36) 116 123

**Ireland**

* Aware is a national organisation providing support, education and information to people impacted by depression, bipolar disorder and related mood conditions.

(+353) 1800 80 48 48

* Childline is open every day and is for all children and young people up to the age of 18 in Ireland who are in distress, in crisis, or at risk of suicide.

(+353) 1800 66 66 66

* Emotional support helpline, operated by The Samaritans, provides emotional support to adults who are suffering from loneliness, are in a state of psychological crisis or thinking about committing suicide.

(+353) 116123

**Italy**

* Telefono Amico Italia provides telephone service can be reached every day from 10 to 24 that listens to anyone experiencing loneliness, anxiety, sadness, despair, anger or discomfort.

(+39) 3240117252

(+39) 223272327

**The Netherlands**

* Emotional support helpline, operated by Stichting Korrelatie, provides emotional support to adults who are suffering from loneliness, are in a state of psychological crisis or thinking about committing suicide.

(+31) 116123

* de Luisterlijn offers 24-hour telephone emergency service throughout the Netherlands. When you are in pain or worry about something, they can provide a listening ear, and you can easily tell your story anonymously.

(+31) 0900 0767

* 113 Zelfmoordpreventie offers 24-hour anonymous and confidential talk that can help you to share your thoughts if you're in distress or having suicidal thoughts. Their crisis telephone number is accessible for people calling from within the Netherlands.

(+31) 0900 0113

**Norway**

* Kirken SoS I Norge offers 24-hour service in Norway for anyone who needs to talk or write with to alleviate the pain of emotional and existential crisis - and prevent suicide.

(+47) 22 40 00 40

* Mental Helse provides telephone service and online mail service in Norway to people in crisis, suicidal, and depressed.

(+47) 116 123

(+47) 81533300

**Poland**

* Emotional support helpline, operated by Instytut Psychologii Zdrowia, provides emotional support to adults who are suffering from loneliness, are in a state of psychological crisis or thinking about committing suicide.

(+48) 116123

* Olsztynski Telefon Zaufania 'Anonimowy Przyjaciel provides 24/7 telephone assistance for people experiencing a personal crisis in Poland.

(+48) 89 19288

(+48) 89 527 00 00

**Portugal**

* SOS Voz Amiga offers emotional support to people in Portugal who are in distress or at risk of suicide.

(+351) 213544545

(+351) 912802660

(+351) 963524660

**Serbia**

* Centar Srce Novi sad provides emotional support to people who are in a crisis and/or suicidal, everyday of the week between 2 and 11 p.m.

(+381) 0800 300 303

(+381) 21 6623 393

**Slovakia**

* The Helpline of Confidence offers 24-hour service to people in Slovakia who find themselves in an acute psychological crisis or in a difficult life situation.

(+421) 0800 800 566

* Spirala offers 24-hour service to people in Slovakia who have experienced an unpleasant event; they are going through a difficult life period or feel lonely. The service is intended for all persons of all ages. You can remain anonymous when you make a phone call.

(+421) 475 603 390

**Slovenia**

* Zaupni telefon Samarijan in Sopotnik offers 24-hour confidential conversation to anyone suffering from distress anywhere in Slovenia.

(+386) 116 123

* Ženska svetovalnica – krizni center offers free counselling, information on public service competencies and assistance in organizing self-help groups to women in need anywhere in Slovenia.

(+386) 386 31 233 211

**Spain**

* Samaritans in Spain offers 24-hour help by telephone or email, confidential for people who are experiencing emotional problems of any kind.

(+34) 900 525 100

* Teléfono de la Esperanza is open 24 hours a day, seven days a week, allowing callers anywhere in Spain to discuss a range of challenges from trauma and suicide to relationship issues.

(+34) 717 003 717

(+34) 914590050

**Sweden**

* Emotional support helpline, operated by Svenska kyrkan, provides emotional support to adults who are suffering from loneliness, are in a state of psychological crisis or thinking about committing suicide.

(+46) 116123

* Självmordslinjen (Suicide prevention hotline) provides a 24-hour email, chat and hotline service in Sweden, all of which are toll-free.

(+46) 90101

* The SOS phone is open weekdays from 13-21 and Sat-Sun-holiday 16-21 every day for people in Sweden who are depressed, in crisis or need someone to talk to.

(+46) 031 800 650

(+46) 0771 22 00 60

**Switzerland**

* Die dargebotene Hand offers round-the-clock counselling and online counselling for all people living in Switzerland. Their well-trained volunteers can help to identify difficulties to regain an overview of the situation and to develop, together with the callers, initial steps that will continue.

(+41) 143

**United Kingdom**

* **Vetlife**: Helpline for veterinary professionals (+44) 0303 040 2551
* National Suicide Helpline UK offers a supportive listening service to anyone throughout the UK with thoughts of suicide or thoughts of self-harm. They are open 24/7.

(+44) 0800 689 5652

* Samaritans UK & Ireland offers 24-hour emotional support to anyone in distress or at risk of suicide throughout the UK & Ireland. They have 201 branches open 365 days a year, where people can also talk in person.

(+44) 116123

### NORTH AMERICA (CANADA AND US)

**Canada**

* Canadian Mental Health Association provides 24-hour immediate support to people in Edmonton Region who are contemplating suicide, feeling overwhelmed, or experiencing abuse.

(+1) 780-482-4357

* Canadian Mental Health Association provides 24-hour immediate support to people in Kootenays who are contemplating suicide, feeling overwhelmed, or experiencing abuse.

(+1) 888-353-2273

* Centre de prévention suicide de la Haute-Yamaska offers 24-hour support to people in Richelieu-Yamaska who are in distress or at risk of suicide.

(+1) 450-375-4252

* Centre de prévention du suicide de Lanaudière offers support to people in Lanaudière who are in distress or at risk of suicide.

(+1) 450 759-6116

* Centre Prévention Suicide Faubourg offers 24-hour free services to people in Quebec who are in distress, at risk of suicide or in crisis.

(+1) 866-277-3553

* Champlain District Crisis Line offers services to people in Champlain District who are experiencing a situational crisis, psychosis or suicidal behaviour, severe depression, or suicidal behaviour.

(+1) 613-722-6914 (within Ottawa)

(+1) 866-996-0991(outside Ottawa)

* Chimo Helpline offers 24-hour service to all residents of New Brunswick who are in crisis or at risk of suicide.

(+1) 800-667-5005

* CMHA British Columbia offers free 24/7 phone support and referral service to people in Vernon. They provide confidential and non-judgmental emotional support for those in need.

(+1) 888-353-2273

* Craigwood Youth Services offers 24-hour and intervention to people in London and nearby communities who are dealing with mental health problems.

(+1) 519-433-0334

* Crisis Line Association of BC provides emotional support, information, and resources specific to mental health to people throughout British Columbia.

(+1) 800-784-2433

* Crisis Service Canada offers 24-hour support service to people in Canada who are in distress, suicidal or in crisis.

(+1) 833-456-4566

* Distress Centre Durham provides 24-hour emotional support and referral information pertaining to appropriate inquiries from the callers in Calgary.

(+1) 403 266 4357

* Distress Centre Durham provides 24-hour emotional support and referral information pertaining to appropriate inquiries from the callers in Durham.

(+1) 800-452-0688

* Distress Centre Niagara provides 24-hour telephone service to people in Fort Erie area who are in distress or in crisis.

(+1) 905-382-0689

* Distress Centre Niagara provides 24-hour telephone service to people in Grimsby, West Lincoln who are in distress or in crisis.

(+1) 905-563-6674

* Distress Centre Niagara provides 24-hour telephone service to people in Port Colborne, Wainfleet who are in distress or in crisis.

(+1) 905-734-1212

* Distress Centre Niagara provides 24-hour telephone service to people in St. Catharines, Niagara Falls area who are in distress or in crisis.

(+1) 905-688-3711

* Distress Centre of Ottawa & Region offers emotional support to people in Ottawa.

(+1) 613-238-3311

(+1) 613-722-6914

* Dr. Margaret Savage Crisis Centre provides assistance, support and advocacy for people in Alberta who are in distress or in crisis.

(+1) 780-594-3353

* First Nations and Inuit Hope for Wellness Help Line offers 24-hour immediate help to all Indigenous peoples across Canada who are experiencing emotional distress.

(+1) 855-242-3310

* Fraser Health Crisis Line provides 24-hour immediate, free, and confidential emotional support, crisis intervention and community resource information to people in the Fraser Health region.

(+1) 604-951-8855

(+1) 877-820-7444 (Toll free)

* Gerstein Crisis Centre offers 24-hour crisis services for adults 16+ in the City of Toronto, who are dealing with a serious mental health issue, concurrent or substance use issue and are currently in crisis.

(+1) 416-929-9647

* Grey and Bruce Crisis Line offers services to people in Bruce and Grey who are experiencing a situational crisis, psychosis or suicidal behaviour, severe depression, or suicidal behaviour.

(+1) 877-470-5200

* JEVI Centre de prévention du suicide offers quality services for suicidal people, their families, bereaved people following a suicide (youth, adults and seniors) as well as those who work with them in Estrie Region.

(+1) 819 564-1354

* Kids Help Phone offers free, 24/7 professional counselling, information and referrals and volunteer-led, text-based support to young people in Canada in both English and French.

(+1) 800-668-6868

* La maison sous les arbres offers services to people in Châteauguay who are experiencing a situation of imbalance, distress or psychosocial crisis, psychiatric or psycho-traumatic with or without suicidal ideation as well as to anyone wishing to receive help related to these issues.

(+1) 450-699-5935

* Le Tournant offers 24-hour services to people in Quebec who are at risk of suicide or in crisis.

(+1) 450 371-4090

* North East Outreach and Support Services provides information, referrals, and support services for victims of sexual assault and those who are at risk of suicide.

(+1) 800-611-6349

* NWT Help Line offers confidential support to residents of the Northwest Territories, 24 hours a day, seven days a week. It is 100% free and confidential. Trained Responders can help you with any number of issues, including stress management, suicidal thoughts, abuse, sexual assault, and depression.

(+1) 800-661-0844

* Nunavut Kamatsiaqtut Helpline offers emotional support to people in northern Canada who are in crisis.

(+1) 800-265-3333

* Outaouais Distress Line offers telephone service for English-speaking clients in Outaouais. Any feeling, any issue that disturbs your well-being or ability to cope is something worth discussing.

(+1) 866-676-1080

* Save Haven Emergency Shelter Services for Women and Children. Family/Friends worried for a person in Distress/Crisis/Suicidal.

(+1) 403-223-0483

* Some Other Solutions offers 24-hour emotional support to people in Canada who are struggling with all aspects of mental and emotional health.

(+1) 780-743-4357

* Telecare Crisis & Caring Line provides telephone befriending, caring, and empathetic listening for people in British Columbia who are in distress or at risk of suicide.

(+1) 888-852-9099

* Telephone Aid Line Kingston (TALK) offers confidential, anonymous, and non-judgmental listening support service for all members of the Kingston community and surrounding area.

(+1) 613-544-1771

* Toronto Distress Centre offers 24-hour emotional support to individuals in Greater Toronto. Their crisis and emotional distress services are available via hotline, online chat, and text.

(+1) 416-408-4357

* Trans Lifeline offers 24-hour support to trans people in Canada who are in crisis or just need someone to talk to.

(+1) 877-330-6366

* Vancouver Island Crisis Society offers 24-hour service to the people in the islands of the Georgia Strait, and the mainland communities between Powell River and Rivers Inlet who are in distress or in crisis.

(+1) 888-494-3888

* Wood's Homes provides 24/7 crisis phone support for children and families in Calgary.

(+1) 800-563-6106

**United States of America**

* Boys Town National Hotline offers 24-hour service to people throughout the United States who are in crisis or need immediate help.

(+1) 800-448-3000

Text: Text VOICE to 20121

* California Youth Crisis Line offers 24-hour emotional support for youth, their families and friends throughout California.

(+1) 800 843-5200

* The Careline Crisis Intervention provides 24-hour crisis intervention for individuals in Alaska who are considering suicide or experiencing crisis, isolation, or depression.

(+1)877-266 4357

* COPE offers emotional support and crisis intervention for people in Ozaukee County, the Greater Milwaukee area and beyond. It does this through its 24-hour telephone Hotline and educational outreach programs.

(+1) 262-377-2673

* Crisis Line of Central Virginia provides confidential crisis intervention, support, referral, prevention, and education services to the people in Central Virginia Community who are in distress, in crisis, or at risk of suicide.

(+1) 888-947-9747

* The Crisis Services of North Alabama is open 24/7 to help people in North Alabama who are in distress, in crisis or at risk of suicide.

(+1) 800-691-8426

* Crisis Support Services of Nevada offers 24/7 support to people in Nevada who are in crisis or is at risk of suicide.

(+1) 800-273-8255

* Didi Hirsch Suicide Prevention Center offers free mental health, substance use disorder and suicide prevention services to people anywhere in the US. They also offer follow-up services for suicidal patients discharged from area emergency departments.

(+1) 800 273 8255

* EMPACT‒Suicide Prevention Center offers 24-hour emotional support to people in Arizona who are depressed, hopeless, or having suicidal thoughts.

(+1) 480-784-1500

* Helpline’s services include a 24/7 confidential information, 2-1-1 service, referral and crisis counselling helpline, suicide prevention and intervention training, telephone reassurance program, dedicated LGBTQ helpline, and phone answering services for non-profits and organizations in the Florida Keys.

(+1) 305 296-4357

(+1) 211

* IMALIVE provides a 24/7 crisis hotline for anyone who is feeling depressed, hopeless, or suicidal throughout US.

(+1) 2025363200

* The National Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. They are made up of an expansive network of over 170 local- and state-funded crisis centres located across the United States.

(+1) 800-273-8255

* National Suicide Prevention Lifeline provides Spanish-speaking counsellors, available 24/7 anywhere in the US.

(+1) 888-628-9454

* National Suicide Prevention Lifeline provides options for the deaf and hard of hearing individuals anywhere in the US.

(+1) 800-799-4889

* New Hope Crisis Hotline provides telephone intervention and telephone suicide prevention counselling to people throughout Garden Grove, California. Trained crisis workers provide peer counselling to those who are struggling to cope with day to day life. Services are free and are available 24 hours a day/7 days a week.

(+1) 714-639-4673

* Norfolk Suicide Crisis Line 24-hour service to people in Norfolk, Virginia who are in distress, in crisis, or at risk of suicide.

(+1) 757-622-1126

* The NorthStar Behavioral Health System offers 24/7 help to people in Southcentral Alaska who are in distress, in crisis or at risk of suicide.

(+1) 907 258-7575

(+1) 800-478-7575

* Peace River Center Crisis Hotline offers 24-hour emotional support to people in Western Polk, Highlands, & Hardee Counties who are depressed, hopeless, or having suicidal thoughts.

(+1) 863 519-3744

* SLO Hotline is a 24-hour confidential mental health support, crisis and suicide prevention telephone line throughout San Luis Obispo County and nearby counties which also provides mental health resource information.

(+1) 800-783-0607

* The South Central Counselling Center offers 24/7 help to people in Southcentral Alaska who are in distress, in crisis or at risk of suicide.

(+1) 907 563-3200

* The Crisis Center Birmingham Suicide Line offers 24-hour service to people in counties of Central Alabama who are in crisis or at risk of suicide.

(+1) 205 323-7777

* The Crisis Center of East Alabama Suicide Line offers 24-hour service to people in counties of East Alabama who are in crisis or at risk of suicide.

(+1) 334 821-8600

* The Samaritans of Boston-Framingham offers 24-hour support to people in Boston-Framingham who are in distress, suicidal or in crisis.

(+1) 877 870-467

* The Samaritans of Merrimack Valley provides “befriending” to individuals who are lonely, depressed and contemplating suicide or self-injury to people in the Merrimack Valley and throughout Massachusetts.

(+1) 978-327-6607

* The Trevor Project provides a 24-hour phone hotline, as well as limited-hour webchat and text options, for lesbian, gay, bisexual, transgender and questioning youth anywhere in the US who are in distress or at risk of suicide.

(+1) 866 488 7386

* Three-digit suicide prevention hotline provides mental health support to people in the United States.

(+1) 988

* Virginia Beach Psychiatric Center offers 24-hour service to people in Virginia Beach who are in distress, in crisis, or at risk of suicide.

(+1) 757-627-5433

* 2-1-1 Brevard provides information and assistance to people in Brevard County in times of emotional, financial and community crisis.

(+1) 211

(+1) 321

(+1) 632-6688

* 2-1-1 Broward provides information and assistance to people in Broward County in times of emotional, financial and community crisis.

(+1) 211

(+1) 954-537-0211

* 211 Yolo offers free, confidential, and 24-hour service to people in Yolo Country, California who are in distress, in crisis or at risk of suicide.

(+1) 211

* 2-1-1 Tampa Bay Cares offers 24-hour services for people in Florida who are in distress, in crisis, or at risk of suicide.

(+1) 211

## **OTHER ONLINE PRACTICAL OR HEALTH RESOURCES (IRELAND AND UK)**

UNITED KINGDOM

**Open University**

From free courses in the English language to articles on mental health and wellbeing, here are some free online resources from The Open University.

<https://www.open.edu/openlearn/supporting-ukrainians>

**Refugease**

Resources for Ukrainians and hosts in the UK

<https://www.refugease.org/resources-for-ukrainians>

**City of London Ukrainian information hub**

<https://www.london.gov.uk/what-we-do/communities/migrants-and-refugees/ukraine-information-hub>

**Red Cross advice for Ukrainians arriving in the UK**

General Website

<https://www.redcross.org.uk/get-help/get-help-as-a-refugee/help-for-refugees-from-ukraine>

Information Leaflet

<https://www.redcross.org.uk/-/media/documents/get-help-as-a-refugee/ukraine/information-leaflet-for-ukrainians-arriving-in-the-uk_ukrainian.pdf?la=en&hash=74D6150B1BE2D49E4F4A88D102F62737F2DE325D>

IRELAND

**Citizens Information Ireland** <https://www.citizensinformation.ie/en/moving_country/ukrainian_refugees_in_ireland/supports_for_ukrainians_in_ireland.html>

**Refugee Agency Ireland**

<https://help.unhcr.org/ireland/ukraine-situation/>

Helpline (+353) 089 490 2920

**Irish Cancer Society**

Help for people with cancer health problems: <https://www.cancer.ie>

Helpline: (+353) 1800 200 700