

## **S.O.S. Amitié**

**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.**

***Tel: 09 72 39 40 50***

## **Suicide écoute**

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

***Tel: 01 45 39 40 00***

## **SOS Help**

**SOS Help offers emotional support to people in France who are in distress or suicidal.**

***Tel: 01 46 21 46 46***

## **E.P.E. idF. Fil Sante Jeunes**

**E.P.E. idF. Fil Sante Jeune offers emotional support to people in France who are in distress or suicidal.**

***Tel: 0800 235 236***

***Chat: <https://www.filsantejeunes.com/tchat-individuel>***

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