

**Lifeline Ghana**

Lifeline Ghana offers 24-hour counselling service to people in Ghana who are in distress or at risk of suicide. They also run a "Drop-in" service at their address.

*Tel:* 233 244 846 701

**National Lifeline**

National Lifeline provides emotional support to people in Ghana who are in distress or at risk of suicide.

*Tel:* 2332 444 71279