

Emotional support helpline

Emotional support helpline, operated by the Lithuanian Association of telephone emergency services, provides emotional support to adults who are suffering from loneliness, are in a state of psychological crisis or thinking about committing suicide.

Tel: 116123

Jaunimo linija (Youth line)

Jaunimo linija (or Youth line) offers 24-hour emotional help and support via the phone, chat, and emails. Emotional support is free, anonymous, and confidential. Jaunimo linija has been operating since 1991 with approximately 350 volunteers (in Vilnius, Kaunas, Klaipeda, and Skuodas).

Tel: 8 800 2 8888

Pagalbos Moterims Linija Helpline for Women

Pagalbos Moterims Linija Helpline for Women provides 24 hour support to people in Lithuania who are going through a crisis or in distress.

Tel: 8 800 66366