

## **Helpline Mauritius**

**Helpline Mauritius offers emotional support to people in Mauritius who are in distress or at risk of suicide.**

***Tel: 230 214 2451***

## **Life Plus**

**Life Plus provides 24-hour free & confidential support and service to people across Mauritius.**

***Tel: 188 (landline)***

***Tel: 4665310 (mobile phone)***

## **Befrienders Mauritius**

**Befrienders (Mauritius) has been working since 1995 for suicide prevention in Mauritius through a telephone helpline, face-to-face "befriending", awareness-raising activities, and training.**

***Tel: 230 800 9393***