

Emotional support helpline

The 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.

Tel: 116123

de Luisterlijn

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.

Tel: 0900 0767

113 Zelfmoordpreventie

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.

Tel: 0900-0113

MIND Korrelatie

MIND Korrelatie provides mental health support to people in the Netherlands. The line is available from 9 am to 9 pm.

Tel: 900 1450

Whatsapp: 06 13 86 38 03

