

Hopeline

Hopeline is a 24/7 suicide prevention and crisis support helpline in the Philippines.

PLDT: (02) 804-4673

Globe: (0917) 558-4673

Toll-free for Globe/TM: 2919

In Touch Community Services

In Touch Community Services offers 24/7 free and confidential support to people in Philippines.

Tel: 8937603 (Landline)

Tel: 09178001123 (Cellphone)

Tel: 09228938944 (Cellphone)

Tawag Paglaum—Centro Bisaya

Tawag Paglaum—Centro Bisaya offers 24-hour telephone service for people in Cebu who are in suicide and emotional crisis. They can listen to your thoughts and refer you to professionals in your vicinity that would surely be able to effectively and fully help you.

Tel: (0939) 937-5433

Tel: (0927) 654-1629

The National Center for Mental Health Crisis Hotline

The National Center for Mental Health Crisis Hotline offers 24-hour service to people in the Philippines who are depressed or at risk of suicide.

Tel: (02) 989-8727(telephone)

Tel: (0917) 899-8727 (cellphone)

Manila Lifeline Centre (MLC)

Manila Lifeline Centre (MLC) is a tele-counseling hotline that focuses on suicide prevention, awareness, and support.

Tel: (02) 896-9191

Tel: 0917 854-9191

RAPHA Helpline

RAPHA Helpline offers support to people across the Philippines who are suicidal or in crisis. The helpline is accessible from Mondays to Fridays 8 AM – 5 PM.

Tel: 0961-7182655

CARAGA Open Helpline

CARAGA Open Helpline offers free psychosocial support to people across the CARAGA region.

Tel: 0945-359-2632

Tel: 0948-224-1857

Tel: 085-817-6548

