

SOS Voz Amiga

SOS Voz Amiga offers emotional support to people in Portugal who are in distress or at risk of suicide.

Tel: 213544545

Tel: 912802660

Tel: 963524660

Suicide Hotlines

Suicide Hotlines provide emotional support and help to people across Portugal who are in distress or at risk of suicide.

Tel: 21 854 0740

Tel: 8 96 898 2150

Voz de Apoio

Voz de Apoio provides free, punctual, anonymous, and confidential emotional support, without judgment. The helpline is available daily, from 21:00 to 00:00 in Mainland and Madeira. From 20:00 to 23:00 in Azores.

Tel: 225 50 60 70

