

Llama a la vida

Llama a la vida provides 24-hour emotional support, free of charge and completely confidential.

Tel: 024

Samaritans in Spain

Samaritans in Spain offers 24-hour help by telephone or email, confidential for people who are experiencing emotional problems of any kind.

Tel: 900 525 100

Teléfono de la Esperanza

Teléfono de la Esperanza is open 24 hours a day, seven days a week, allowing callers anywhere in Spain to discuss a range of challenges from trauma and suicide to relationship issues.

Tel: 717 003 717

Suicide Hotline

Suicide Hotline provides crisis support to people in Spain who are at risk of suicide.

Tel: 914590050

