

Sri Lanka Sumithrayo

Sri Lanka Sumithrayo provides emotional support to people across Sri Lanka who are at risk of suicide.

Tel: 94 11 2 68253

Sri Lanka Sumithrayo - Bandarawela

Sri Lanka Sumithrayo provides emotional support to people across Bandarawela who are at risk of suicide.

Tel: 011 057 2222662

Sri Lanka Sumithrayo - Colombo

Sri Lanka Sumithrayo provides emotional support to people across Colombo who are at risk of suicide.

Tel: 011 2692 909

Tel: 011 2 683 555

Sri Lanka Sumithrayo - Panduwasnuwara

Sri Lanka Sumithrayo provides emotional support to people across Panduwasnuwara who are at risk of suicide.

Tel: 037 2291718

Sri Lanka Sumithrayo - Kandy

Sri Lanka Sumithrayo provides emotional support to people across Kandy who are at risk of suicide.

Tel: (081) 2234 806

Sri Lanka Sumithrayo - Matale

Sri Lanka Sumithrayo provides emotional support to people across Kandy who are at risk of suicide.

Tel: 066 2223521

Sri Lanka Sumithrayo - Matale

Sri Lanka Sumithrayo provides emotional support to people across Matale who are at risk of suicide.

Tel: 066 2223521

Sri Lanka Sumithrayo - Panadura

Sri Lanka Sumithrayo provides emotional support to people across Panadura who are at risk of suicide.

Tel: (038) 2235291

Sri Lanka Sumithrayo - Colombo South

Sri Lanka Sumithrayo provides emotional support to people across Colombo South who are at risk of suicide.

Tel: 011 401 094

Tel: 011 4 404 536

Sri Lanka Sumithrayo 'Mel Medura'

Sri Lanka Sumithrayo provides emotional support to people across 'Mel Medura' who are at risk of suicide.

Tel: 011 2694665

National Mental Health Helpline

National Mental Health Helpline provides crisis support to people in Sri Lanka who are at risk of suicide.

Tel: 1926