

**Global Mental Health Resources (updated May 2022)**

Name	Description	Location	Contact details	Other Resources
<p><b>The Samaritans</b></p>	<p>A UK based organization that provides suicide and mental health prevention services 24/7, available to anyone in need of assistance in multiple locations around the globe.</p>	<p>United Kingdom</p>	<p>Hotline: 116 123                      Email: <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>                      Web: <a href="http://www.samaritans.org">www.samaritans.org</a></p>	
		<p>United States</p>	<p>Hotline (General): (800) 273-TALK                      Hotline (Statewide MA): (877) 870-HOPE                      Hotline (Statewide NH): (877) 583-8336                      Hotline (Statewide RI): (800) 365-4044                      Hotline (New York City): (212) 673-3000                      Web: <a href="http://www.samaritansusa.org">http://www.samaritansusa.org</a></p>	
		<p>Singapore</p>	<p>24-Hour Hotline: 1-767                      Email: <a href="mailto:pat@sos.org.sg">pat@sos.org.sg</a>                      Web: <a href="https://www.sos.org.sg/">https://www.sos.org.sg/</a></p>	
		<p>Hong Kong</p>	<p>Hotline: 2896 0000                      Email: <a href="mailto:jo@sos.org.hk">jo@sos.org.hk</a>                      Web: <a href="http://www.samaritans.org.hk">www.samaritans.org.hk</a></p>	
<p><b>International Seafarers Welfare and Assistance Network (ISWAN)</b></p>	<p>The International Seafarers' Welfare and Assistance Network promotes seafarers welfare worldwide and directly serves seafarers by providing a 24 hour helpline. ISWAN is the result of a merger between the International Committee on Seafarers' Welfare (ICSW) and the International Seafarers Assistance Network (ISAN). ISWAN is a membership organisation with the International Chamber of Shipping, The International Transport Workers Federation and the International Christian Maritime Association as the core members.</p>	<p>United Kingdom</p>	<p>(see <a href="#">SeafarerHelp</a> below)</p>	<p>ISWAN produces seafarer health information materials that can be found at <a href="https://seafarerswelfare.org/ship-shop/good-mental-health-guide">https://seafarerswelfare.org/ship-shop/good-mental-health-guide</a></p>

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<p><b>SeafarerHelp</b></p>	<p>SeafarerHelp is the free, confidential, multilingual helpline for seafarers and their families available 24 hours a day, 365 days per year. SeafarerHelp is provided by the International Seafarers' Welfare and Assistance Network (ISWAN), an organisation that works to promote the welfare of seafarers and their families.</p>	<p>United Kingdom</p>	<p>SMS: +44 (0)7624 818 405                      Call back request: +44 (0)207 323 2737                      Toll free hotline: 00 800 7323 2737                      Skype: <a href="https://www.seafarerhelp.org">info-seafarerhelp.org</a>                      WhatsApp: +44(0) 790 9470 732                      Email: <a href="mailto:help@seafarerhelp.org">help@seafarerhelp.org</a>                      Call collect on: +44 (0) 207 323 2737                      Web: <a href="https://seafarerhelp.org">https://seafarerhelp.org</a>                      Ukrainian Crisis info:  <a href="https://www.seafarerhelp.org/en/help/ukraine-crisis">https://www.seafarerhelp.org/en/help/ukraine-crisis</a></p>	<p><a href="#">Steps to Positive Mental Health</a></p>
<p><b>National Suicide Prevention Lifeline</b></p>	<p>The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. We're committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness</p>	<p>United States</p>	<p>Toll free hotline: (800) 273 8255                      Web: <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a></p>	
<p><b>National Hopeline Network: IMALive</b></p>	<p>Provides 24/7 crisis counseling for those who are thinking of suicide and for those worried that someone may commit suicide. Callers are connected to the nearest certified crisis counseling center.</p>	<p>United States</p>	<p>Toll free hotline : (800) 784-2433                      Web: <a href="https://www.imalive.org/">https://www.imalive.org/</a></p>	
<p><b>Sailor's Society</b></p>		<p>Global</p>	<p>Helpline: +1 938 222 8181                      Web: <a href="https://www.sailors-society.org/">https://www.sailors-society.org/</a>                      Chaplain contact network: <a href="https://www.sailors-society.org/chaplains">https://www.sailors-society.org/chaplains</a></p>	

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<b>ASOL Seamen Relief Fund</b>	Organization provides: <ul style="list-style-type: none"> <li>• Provision of primary necessities</li> <li>• Social -economical activity</li> <li>• Psychological and psychosocial support</li> <li>• Legal aid, advice</li> </ul>	Ukraine	Phone: +380 (48) 7873076 Web: <a href="http://assol.org.ua/">http://assol.org.ua/</a> Viber and WhatsUp: +38(067) 487 3375 E-mail: <a href="mailto:assol-fund@ukr.net">assol-fund@ukr.net</a> , <a href="mailto:assol.fund@gmail.com">assol.fund@gmail.com</a> Skype: fund_asol	
<b>Department of Health and Natasha Goulbourn Foundation</b> <b>HOPELINE</b>	The Natasha Goulbourn Foundation is a non-profit organization that partnered with the World Health Organization (WHO), Department of Health (DOH), Department of Education (DepEd) and Department of Social Welfare and Development (DSWD) along with top schools in the Philippines.	Philippines	Hotline: +63 2 804 HOPE Hotline: +63 917 558 HOPE Web: <a href="https://www.ngf-hope.org/about-ngf/">https://www.ngf-hope.org/about-ngf/</a>	
<b>Manila Lifeline Center (MLC)</b>	Suicide prevention hotline.	Philippines	Hotline: +63 2 896.9191 Hotline: +63 917 896.9191 Web: <a href="https://mentalhealthph.org">https://mentalhealthph.org</a>	
<b>National Center for Mental Health (NCMH)</b>		Philippines	Phone: +63 2 531 9001 Email: <a href="mailto:pro@ncmh.gov.ph">pro@ncmh.gov.ph</a> Address: Nueve de Pebrero St. Brgy. Mauway, Mandaluyong City, Philippines	Specialty hospital under the Department of Health (government hospital)
<b>Mariveles Mental Hospital (MMH)</b>		Philippines	Phone: +63 47 935 4617 Email: <a href="mailto:mail@mmh.gov.ph">mail@mmh.gov.ph</a> Address: P. Monroe St. Poblacion Mariveles, Bataan, Philippines	Specialty hospital under the Department of Health (government hospital)
<b>Makati Medical Center (MMC)</b>		Philippines	Web: <a href="http://www.makatimed.net.ph">www.makatimed.net.ph</a> Phone: +63 2 8888 999 Email: <a href="mailto:mmc@makatimed.net.ph">mmc@makatimed.net.ph</a> Address: No. 2 Amoroso St., Legaspi Village, Makati City, Philippines	Joint Commission International (JCI) accredited hospital (private hospitals). Facility has dedicated psychiatric ward.
<b>The Medical City (TMC)</b>		Philippines	Web: <a href="http://www.themedicalcity.com">www.themedicalcity.com</a> Phone: +63 2 988 7000 Email: <a href="mailto:mail@themedicalcity.com">mail@themedicalcity.com</a> Address: Ortigas Avenue, Pasig City, Philippines	Joint Commission International (JCI) accredited hospital (private hospitals). Facility has dedicated psychiatric ward.

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St. Luke's Medical Center – Global City (SLMC-GC)		Philippines	Web: <a href="http://www.stlukes.com.ph">www.stlukes.com.ph</a> Phone: +63 2 789 7700 Address: Rizal Drive cor. 32nd St. and 5th Ave., Bonifacio Global City, Taguig, Philippines	Joint Commission International (JCI) accredited hospital (private hospitals)
St. Luke's Medical Center – Quezon City (SLMC-QC)		Philippines	Web: <a href="http://www.stlukes.com.ph">www.stlukes.com.ph</a> Phone: +63 2 723 0101 Address: 279 E. Rodriguez Sr. Ave., Quezon City, Philippines	Joint Commission International (JCI) accredited hospital (private hospitals)
Asian Hospital and Medical Center (AHMC)		Philippines	Web: <a href="http://www.asianhospital.com">www.asianhospital.com</a> Phone: +63 2 771 9000 Email: <a href="mailto:info@asianhospital.com">info@asianhospital.com</a> Address: 2205 Civic Drive, Filinvest Corporate City, Alabang, Muntinlupa City, Philippines	Joint Commission International (JCI) accredited hospital (private hospitals)
Sumaitri	Suicide prevention hotline.	India	Hotlines: +91 11 2338 9090 and +91-9315767849 <a href="https://sumaitri.net/">https://sumaitri.net/</a> E-mail: <a href="mailto:feelingsuicidal@sumaitri.net">feelingsuicidal@sumaitri.net</a>	
Psycare Hospital		India	Phone: +91 11 98 7112 3430 and +91 11 4016 7031 Email: <a href="mailto:info@psycare.in">info@psycare.in</a> Address: Plot No. 30, Pcket 2, Jasola Vihar, New Delhi 110025	
IBS Hospital		India	Phone: +91 11 98 7100 5143 and +91 11 4321 0000 Email: <a href="mailto:ip@ibshospitals.com">ip@ibshospitals.com</a> Address: 73, Ring Road, Lajpatnagar-3, New Delhi 110024	

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<p><b>The Mission of Seafarers</b></p>	<p>Any distressed/troubled seafarer of any race, nationality or religion may call the listed phone nos. day or night at any time. The Mission conducts ship visits to offer help, support and advice. They also have a few seafarers' centres at/near the port premises where a seafarer may walk-in for food and drink and relax. Wi-fi and phone/skype connections are also available. The counsellors and/or chaplains offer assistance including contacting the seafarers' family and finding local support and additional advice as deemed necessary.</p>	<p>Belgium, Belem, Brazil, Canada, Cyprus, Falland Islands, Fiji, France, Singapore, Gibraltar, India Ireland, Japan, Jordan, Kenya, Maritius, Namibia, Netherlands, New Zealand, Nigeria, Papaua New Guinea, Hong Kong, South Africa, South Korea, Spain, Sri Lanka, Tanzania, Trinidad, UK, UAE, USA, Yemen</p>	<p>E-mail: <a href="mailto:crewhelp@mtsmail.org">crewhelp@mtsmail.org</a>                      Port contacts list: <a href="https://www.missiontoseafarers.org/our-ports">https://www.missiontoseafarers.org/our-ports</a></p>	
<p><b>The Seamens' Church Institute</b></p>	<p>The Seamen's Church Institute (SCI) advocates for the personal, professional, and spiritual well-being of merchant mariners around the world. Through our Center for Maritime Education, Center for Mariner Advocacy, Port Newark International Seafarers' Center, and Ministry on the River, SCI promotes safety, dignity, and improved working and living conditions for the men and women serving in the maritime workplace. Founded in 1834 and affiliated with the Episcopal Church, though nondenominational in terms of its trustees, staff, and service to mariners, the Seamen's Church Institute of New York &amp; New Jersey (SCI) is the largest, most comprehensive mariners' service agency in North America.</p>	<p>USA- River Mariners</p>	<p>24-hour Chaplaincy Emergency Line: (800) 708 1998</p>	

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<b>Samaritans Mumbai</b>	Samaritans Mumbai is a helpline providing emotional support for those who are stressed, distressed, depressed, or suicidal.	India	Hotlines: +91 84229 84528/84529/84530 Web: <a href="https://samaritansmumbai.org/">https://samaritansmumbai.org/</a> E-mail: <a href="mailto:talk2samaritans@gmail.com">talk2samaritans@gmail.com</a>	
<b>Sneha Foundation</b>	Sneha is a suicide prevention organization in Chennai, India. We offer unconditional emotional support to anyone who could be feeling distressed, depressed or suicidal. No matter what situation you are in, or what choices you have made in your life; if something is bothering you, or weighing you down, you can talk to us about it. We are here to listen to you and to be with you.	India	Hotlines: +91 44 2464 0050 and +91 44 2464 0060 Web: <a href="http://snehaindia.org">snehaindia.org</a> E-mail: <a href="mailto:help@snehaindia.org">help@snehaindia.org</a>	
<b>Kiran</b>	Ministry of Social Justice & Empowerment has launched the 24x7 Toll-Free Mental Health Rehabilitation Helpline “KIRAN”	India	Hotlines: 1-800-500-0019	
<b>Aasra</b>	You can contact them for emotional crisis situations, mental illness issues, and suicidal ideation. Families undergoing trauma after suicide of a loved one are also welcome to seek help.	India	Helpline: +91-9820466726 Web: <a href="http://www.aasra.info/">http://www.aasra.info/</a>	
<b>Connecting NGO</b>	You can contact them for emotional crisis situations, mental illness issues, and suicidal ideation. Families undergoing trauma after suicide of a loved one are also welcome to seek help.	India	Helpline: +91-9922004305 and +91-9922001122 E-mail: <a href="mailto:distressmailsconnecting@gmail.com">distressmailsconnecting@gmail.com</a> Web: <a href="https://connectingngo.org/">https://connectingngo.org/</a>	