

Global Mental Health Resources (updated October 2018)

Name	Description	Location	Contact details	Other Resources
<p>The Samaritans</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: +44 (0) 8457 90 90 90 (UK - local rate) Hotline: +44 (0) 8457 90 91 92 (UK minicom) Hotline: 1850 60 90 90 (ROI - local rate) Hotline: 1850 60 90 91 (ROI minicom) Email: jo@samaritans.org Web: www.samaritans.org</p>	
		<p>United States</p>	<p>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: http://www.samaritansusa.org/index.php</p>	
		<p>Singapore</p>	<p>24-Hour Hotline: +65-62214444 Email: pat@sos.org.sg Web: https://www.sos.org.sg/</p>	
		<p>Hong Kong</p>	<p>Hotline: 2896 0000 Web: www.samaritans.org.hk</p>	
<p>International Seafarers Welfare and Assistance Network (ISWAN)</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 SeafarerHelp below)</p>	<p>ISWAN produces mental health guidance materials that can be found at https://seafarerswelfare.org/shipping-shop/good-mental-health-guide</p>

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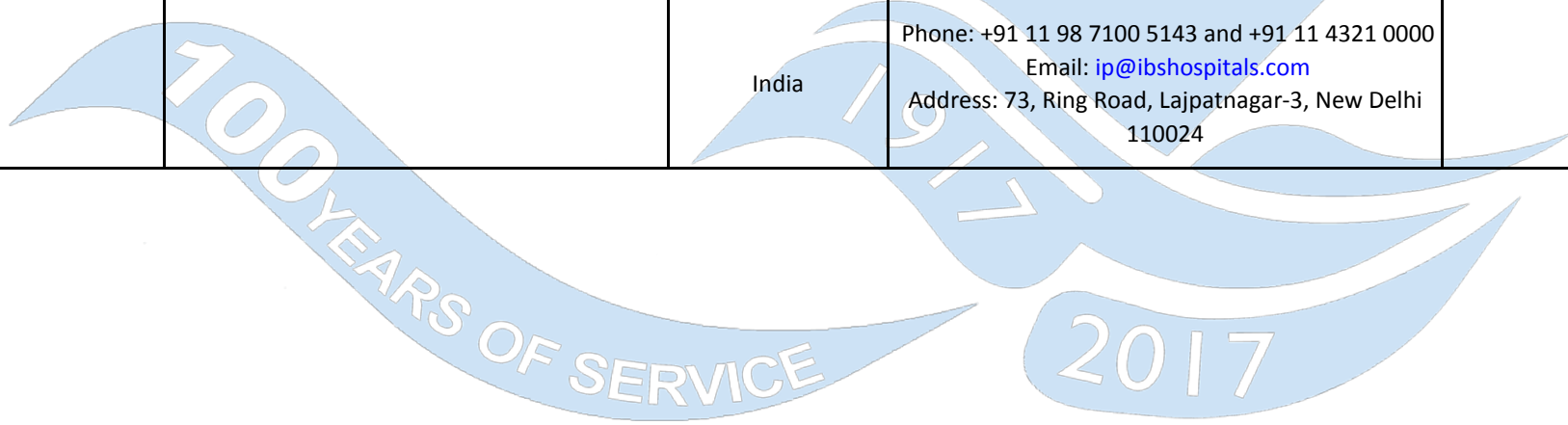
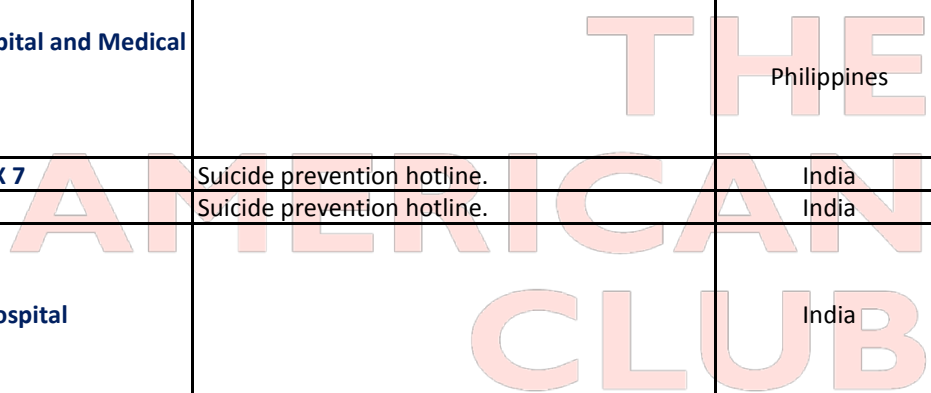
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SeafarerHelp	SeafarerHelp is the free, confidential, multilingual helpline for seafarers and their families available 24 hours a day, 365 days per year. SeafarerHelp is provided by the International Seafarers' Welfare and Assistance Network (ISWAN), an organisation that works to promote the welfare of seafarers and their families.	United Kingdom	SMS: +44 (0)7624 818 405 Call back request: +44 (0)207 323 2737 Toll free hotline: 00 800 7323 2737 Skype: info-seafarerhelp.org Live chat: www.seafarerhelp.org Email: help@seafarerhelp.org Call collect on: +44 (0) 207 323 2737 Web: https://seafarerhelp.org/en/help/feeling-low	Steps to Positive Mental Health
National Suicide Prevention Hotline	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	United States	Toll free hotline: (800) 273 8255 Web: https://suicidepreventionlifeline.org/	
National Hopeline Network: IMALive	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.	United States	Toll free hotline : (800) 784-2433 Web: https://www.imalive.org/	
Sailor's Society	The Sailors' Society Wellness at Sea App provides interactive challenges on each of the five elements of Wellness at Sea: Social, Emotional, Physical, Intellectual and Spiritual. Users receive daily feedback enabling them to monitor their progress. Android and iPhone compatible, completely free.	Global	Web: https://www.sailors-society.org/	Further information and access to the Wellness Application can be found at: https://www.sailors-society.org/ourprojects/innovation/
Ukrainain Water Transport Employee's Trade Union (MTWTU)		Ukraine	Web: http://mtwtu.org.ua/ Email: office@mtwtu.org.ua	

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ASOL Seamen Relief Fund	Organization provides: <ul style="list-style-type: none"> • Provision of primary necessities • Social -economical activity • Psychological and psychosocial support • Legal aid, advice 	Ukraine	Phone: +380 (48) 7873076 Web: http://assol.org.ua/ Viber and WhatsUp: +38(067) 4873375 E-mail: assol-fund@ukr.net , assol.fund@gmail.com Skype: fund_asol	
Department of Health and Natasha Goulbourn Foundation HOPELINE	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	
Manila Lifeline Center (MLC)	Suicide prevention hotline.	Philippines	Hotline: +63 2 896.9191 Hotline: +63 917 896.9191	
National Center for Mental Health (NCMH)		Philippines	Web: www.ncmh.gov.ph Phone: +63 2 531 9001 Email: pro@ncmh.gov.ph Address: Nueve de Pebrero St. Brgy. Mauway, Mandaluyong City, Philippines	Specialty hospital under the Department of Health (government hospital)
Mariveles Mental Hospital (MMH)		Philippines	Phone: +63 47 935 4617 Email: mail@mmh.gov.ph Address: P. Monroe St. Poblacion Mariveles, Bataan, Philippines	Specialty hospital under the Department of Health (government hospital)
Makati Medical Center (MMC)		Philippines	Web: www.makatimed.net.ph Phone: +63 2 8888 999 Email: mmc@makatimed.net.ph Address: No. 2 Amorsolo St., Legaspi Village, Makati City, Philippines	Joint Commission International (JCI) accredited hospital (private hospitals). Facility has dedicated psychiatric ward.
The Medical City (TMC)		Philippines	Web: www.themedicalcity.com Phone: +63 2 988 7000 Email: mail@themedicalcity.com 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: www.stlukes.com.ph 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: www.stlukes.com.ph 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: www.asianhospital.com Phone: +63 2 771 9000 Email: info@asianhospital.com Address: 2205 Civic Drive, Filinvest Corporate City, Alabang, Muntinlupa City, Philippines	Joint Commission International (JCI) accredited hospital (private hospitals)
1 Life: 24 X 7	Suicide prevention hotline.	India	Hotline: +91 78 9307 8930	
Sumaitri	Suicide prevention hotline.	India	Hotline: +91 11 2338 9090	
Psycare Hospital		India	Phone: +91 11 98 7112 3430 and +91 11 4016 7031 Email: info@psycare.in 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: ip@ibshospitals.com Address: 73, Ring Road, Lajpatnagar-3, New Delhi 110024	



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<p>The Mission of Seafarers</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, Papua New Guinea, Hong Kong, South Africa, South Korea, Spain, Sri Lanka, Tanzania, Trinidad, UK, UAE, USA, Yemen</p>	<p>The contact persons and details for all of the <i>Mission of Seafarers</i> locations can be found at http://mtss.org.sg/seafarers/ports-worldwide/.</p>	

