

Belgium:

Emergency: [112](#) Suicide Hotline: Stichting Zelfmoordlijn [1813](#)

Helpline: 106

Website: WWW.TELE-ONTHAAL.BE

Télé-Accueil

Télé-Accueil is a 24-hour telephone assistance service. Calls are free and take place anonymously and respect everyone's opinions. The listeners are volunteers trained by psychologists. For Télé-Accueil contact, only one number: 107.

Zelfmoordlijn 1813

Zelfmoordlijn 1813 is dedicated to providing 24/7, free, compassionate and confidential support by phone and online chat. We exist to help everyone in Belgium who may be struggling or looking for support with self-harm, suicide.

We are dedicated to preventing suicide. If you're contemplating suicide or you're worried about warning signs in someone else, please reach out to us for help.

Call 1813

[Online Chat](#)

Community Help Centre Helpline

Call 02 648 40 14

CHS operates a 24/7 Helpline in English, for children, adolescents, and adults. Calls are free of charge, anonymous, and confidential. The Helpline is staffed by a team of volunteers that is recruited, trained supervised, and supported by the mental health professionals working with CHS.

Centre de Prévention du Suicide

Call 0800 32 123

Notre équipe de bénévoles assure une écoute citoyenne 24h/24, dans l'anonymat et gratuitement. Ne restez pas seul avec votre souffrance! La ligne d'écoute du Centre de Prévention du Suicide offre un recours ponctuel, accessible immédiatement et gratuitement à toute personne qui souhaite parler. L'anonymat et le secret du dialogue, qui y sont de règle, favorisent la liberté d'expression.

English translation: Our team of volunteers provides a 24-hour, anonymous and free listening service. Don't be alone with your suffering! The Suicide Prevention Center's hotline offers a

one-time, immediate and free recourse to anyone who wishes to talk. The confidentiality and discretion of the dialogue, which are the rule, encourage freedom of expression.

Centre de Prévention des Violences Conjugales et Familiales

Call 0800 30 030

Le Centre de Prévention des Violences Conjugales et Familiales s'engage à fournir un soutien et des informations gratuites et confidentielles par téléphone. Nous sommes là pour aider toute personne en Belgique qui peut éprouver une détresse émotionnelle liée à l'abus et à la violence domestique, à l'anxiété, à la dépression, à la famille, au genre et à l'identité sexuelle, aux traumatismes et au SSPT, aux relations, à l'automutilation, aux abus sexuels, au stress et au soutien d'autres personnes. personnes.

Lorsque vous nous contacterez, vous parlerez avec l'un de nos conseillers ou bénévoles amicaux et solidaires qui ont l'expérience de la façon d'aider les personnes dans votre situation. Ils vous écouteront, débatteront votre histoire et vos sentiments, et travailleront avec vous pour vous aider à surmonter vos défis.

English Translation: Centre de Prévention des Violences Conjugales et Familiales is dedicated to provide free and confidential support and information by phone. We are here to help everyone in Belgium who may be experiencing emotional distress related to Abuse & domestic violence, anxiety, depression, family, gender & sexual identity, trauma & PTSD, relationships, self-harm, sexual abuse, stress, and supporting other people.

When you reach out to us you will talk with one of our friendly and supportive counselors or volunteers who are experienced in how to help people in your situation. They will listen to you, unpack your story and feelings, and work with you to help you through your challenges.

AWEL

Call 102

Awel listens to children and young people. Awel feels with you and thinks with you. You do not have to pay for a conversation with Awel. It's completely free . You call Awel completely anonymously. You do not have to tell us who you are, your telephone number will not appear on our telephone and your conversation with Awel will not appear on the telephone bill.

1712

1712 is a Flemish helpline for everyone with a question about violence, abuse and child abuse. We take the time to listen to your story. We provide information and advice. Together, we assess the risks and discuss the steps you can take. We can refer you to a General

welfare centre, a Trust centre for Child Abuse or another service in Flanders or Brussels.

[Anonieme Alcoholisten Vlaanderen](#)

Call 03 239 1415

[De Druglijn Helpline](#)

Call 078 15 1020

[Centre pour l'Égalité des chances et la lutte contre le racisme \(UNIA\)](#)

Call 0800 12 800

[103-Ecoute-Enfants](#)

Call 103

103-Ecoute-Enfants is dedicated to providing free, compassionate and confidential support by phone. We help youth, children, parents in Belgium who may be experiencing emotional distress related to abuse & domestic violence, anxiety, bullying, depression, eating & body image, family issues, gambling, gender & sexual identity, grief & loss, loneliness, pregnancy & abortion, relationships, school or work issues, self-harm, sexual abuse, stress, substance use, suicide, supporting a friend or family member, physical illness, trauma & PTSD.