

China

Emergency: [110](tel:110) Suicide Hotline: [800-810-1117](tel:800-810-1117)

Helpline 1: Beijing Suicide Research and Prevention Center Hotline: 800-810-1117 or 010-82951332

Helpline 2: Lifeline Shanghai: (english-speaking) (021) 6279 8990

Website: <http://www.lifeline-shanghai.com>

Helpline 3: Shanghai Mental Health Center: 021-64387250

24 小时免费心理援助热线电话 Free 24 Hours Helpline

Call: 020-81899120

广州心理援助热线是国家卫生与计划生育委员会（原卫生部）17 家心理援助热线试点单位之一，提供心理援助热线电话服务。及时舒缓求助者的心理压力、化解求助者的心理危机，同时还可提供必要的转诊服务，帮助求助者得到及时的诊治。11 名专职心理咨询师全天 24 小时为广大群众提供免费电话心理咨询，强调“热心、耐心与职业化”。这种服务的最大特点是快速、方便、经济实用。

English translation: The Guangzhou Psychological Helpline is one of 17 psychological helplines of the National Health and Family Planning Commission, offering psychological counseling services. Eleven full-time psychological counselors are available 24 hours a day to provide free telephone based psychological counseling to the general public, emphasizing "enthusiasm, patience and professionalism". The most important features of this service are its speed, convenience and affordability.

[沈阳市心理援助 24 小时热线 Shenyang Psychological Assistance 24-Hour Hotline](#)

Tell: 024-23813000

抚州市心理援助热线 Fuzhou Psychological Assistance Hotline

Tell: 17379487044

[昆明市 24 小时心理热线 Kunming 24-Hour Psychological Hotline](#)

Tell:0871-65011111

[焦作市 24 小时心理援助热线 Jiaozuo 24-hour psychological assistance hotline](#)

Tell: 0391-3698120

[宝鸡市心理咨询 Psychological Counseling in Baoji City](#)

Tell: 09173203366

[“新型冠状病毒感染的肺炎”疫情防控心理援助热线 "Coronavirus" Prevention and Control Psychological Assistance Hotline](#)

Tell: 400-1096096

[许昌市“新冠肺炎”24小时心理援助热线 Xuchang "Corona Virus" 24-Hour Psychological Assistance Hotline](#)

Tell: 0374-3361021

[Lifeline](#)

Tell: 400 821 1215

[Online Chat](#)

[全国咨询热线 National Hotline](#)

Tell: 13722875022

[天津天空心理咨询热线 Tianjin Sky Psychological Counseling Hotline](#)

Tell: 022-60877665

[陕西省心理热线 Shaanxi Psychological Hotline](#)

Tell: 4008960960

[连心公益热线 Lianxin Charity Hotline](#)

Tell: 0871 6418 3896

[大理州心理危机干预热线 Dali State Psychological Crisis Intervention Hotline](#)

Tell: 0872-2181525

[汉中市 24 小时心理援助热线 Hanzhong City 24-Hour Psychological Assistance Hotline](#)

Tell: 4008096341

[东港市心理援助热线 Donggang Psychological Assistance Hotline](#)

Tell: 0415-3312000

[“新老师”心理咨询热线 "New Teacher" Psychological Counseling Hotline](#)

Tell: 0373-3022889

[希望 24 热线 Hope Line](#)

Tell: 400-161-9995

[徐州市心理援助热线 Psychological Aid Hotline of Xuzhou Municipal](#)

Tell: 0516-69850665

Chat: 15950665120

[保护妇女儿童“爱家热线” Women and Children "Love Family Hotline"](#)

Tell: 18595469898

[红枫妇女热线 Maple Women Hotline](#)

Tell: 010-68333388