

Fiji

Helpline 1: 679 670565

Helpline 2: 679 674364

Lifeline Fiji

Chat: 132-454

Tell: 1543

Lifeline Fiji is dedicated to providing 24/7, free and confidential support and information over phone and text message (SMS). We are here for everyone in Fiji who may require support with abuse & domestic violence, anxiety, bullying, Dementia & Alzheimer's, depression, eating & body image, family issues, gambling, gender & sexual identity, grief & loss, loneliness, parenting, 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.

Empower Pacific 24/7 Counselling Helpline

Text: 2937141

Call: 7765-626

Empower Pacific 24/7 Counselling Helpline provides 24/7, free and confidential support by phone and text message (SMS). We exist to help people in Fiji who may be struggling or looking for support with abuse & domestic violence, anxiety, bullying, Dementia & Alzheimer's, depression, eating & body image, family issues, gambling, gender & sexual identity, grief & loss, loneliness, parenting, 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.

Fiji National Domestic Violence Helpline

Tell: 1560

Fiji National Domestic Violence Helpline offers 24/7, free and confidential support and information over phone. We exist to help people in Fiji who may be looking for support with abuse & domestic violence, sexual abuse.

Fiji Women's Crisis Centre

Call: 3313-300