

Iceland

Helpline 1: (+354) 1717

[Hjálparsími Rauða krossins 1717](#)

Tell: 1717

No problem is too small or too big for the Helpline 1717 and the online chat of the Red Cross, but every year around 15 thousand messages are sent to 1717, which are as different as they are many. Trained and experienced volunteers of all ages answer the calls that 1717 receives. We are open 24/7, and you can contact us toll-free from any number. We promise confidentiality, anonymity and neutrality. We are here to help anyone who may be in need of assistance.