

Nepal

National Suicide Prevention helpline

आत्महत्या रोकथामको लागि राष्ट्रिय हेल्पलाईन

Transcultural Psychosocial Organization - Nepal operates the National Suicide Prevention helpline in Nepal to provide service from 8 am to 8 pm.

Tel: 1166

TUTH Suicide Hotline

TU Teaching Hospital provides a 24-hour helpline service to anyone suffering from mental health problems.

Tel: 16600121600

Mental Health Helpline Nepal

Mental Health Helpline Nepal is open from 8 am to 8 pm every day for people in Nepal who are in distress, in crisis, or at risk of suicide.

Tel: 1660-0133666

Nepal Emergency Hotline

Nepal Emergency Hotline offers 24-hour service to people in Nepal who are in distress, in crisis, or at risk of suicide.

Tel: 100

Tel: 112

[Patan Hospital Suicide Hotline](#)

Patan Hospital Suicide Hotline offers emotional support to people in Nepal who are in distress or at risk of suicide.

Tel: 9813476123

[TPO Nepal](#)

Text +977 9847386158

Call +977 16600102005

TPO Nepal is dedicated to providing free, compassionate and confidential support by phone and text message (SMS). We help everyone in Nepal who may need emotional support with anxiety, bullying, depression, self-harm, sexual abuse.

Mental Health Promotion & Suicide Prevention Center

Call +977-01-441264

Website Mhpspc.org.np

[CMC Hotline](#)

CMC Hotline provides free, compassionate and confidential support over phone. We help everyone in Nepal who may be looking for support with anxiety, depression, loneliness, stress.

Call 16600185080