

## **Netherlands:**

**Emergency: [112](#) Suicide Hotline: [900 0113](#)**

Helpline 1: 0900-0767

Website: [WWW.SENSOOR.NL](http://WWW.SENSOOR.NL)

[De Luisterlijn](#) Call: 088 0767 000

de Luisterlijn offers 24/7, free, compassionate and confidential support over phone and online chat. We are here to help adults in Netherlands who may need emotional 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.

## **[Moviera](#)**

Call: 0883744744

Online Chat

Moviera provides 24/7, free and confidential support by phone and online chat. We exist to help everyone in Gelderland, Utrecht, Netherlands who may be experiencing emotional distress related to abuse & domestic violence, family issues, school or work issues.

## **[113 Zelfmoordpreventie](#)**

Call: 0800-0113

Online Chat

113 Zelfmoordpreventie provides 24/7, free, compassionate and confidential support over phone and online chat. We exist to help people in Netherlands 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.

## **[Alles oké? Supportlijn](#)**

Call: 0800-0450

### **[Blijf Groep](#)**

Call: 0882342450

Online Chat

Blijf Groep helps to stop domestic violence. We offer assistance to all involved: victims, children, witnesses and perpetrators. Blijf Groep offers both help at home as crisis shelters and residential support. We also provide a Telephone Helpline for people who need help of advice. We have locations in North Holland and Flevoland.

### **[Fier Helpline](#)**

Call: 088-2080000

Online Chat

About Fier Helpline

Heb jij of iemand in je omgeving te maken met geweld en/of trauma en weet je niet wat je ermee moet? Chat anoniem en dan geven we je professioneel advies zodat jij weet wat je het beste kunt doen.

English translation: Are you or someone close to you dealing with violence and/or trauma and you don't know what to do with it? Chat anonymously and we'll give you professional advice, so you know what's best for you.

### **[Centrum Seksueel Geweld - Sexual Assault Center](#)**

Call: 0800-0188

[Online Chat](#)

Centrum Seksueel Geweld - Sexual Assault Center offers 24/7, free, compassionate and confidential support over phone and online chat. We support everyone in Netherlands who may be experiencing emotional distress related to abuse & domestic violence, sexual abuse, trauma & PTSD.

### **[Veilig Thuis - Safe at Home](#)**

Call: 0800-2000

### **[De Oudertelefoon](#)**

Call: +35 85 130 46 58

## [Online Chat](#)

Parenting is a challenging task. You want to do good, yet guard your own boundaries. Give children what they need, without sacrificing yourself. Sometimes you'll find yourself in situations wherein you don't know what the best next step would be, or who to ask for advice. Know that you are always welcome at De Oudertelefoon.

## **Suicide & Crisis Lines**

### **British Armed Forces Link (Netherlands)**

[0602 222 88](tel:060222288)

National (to Samaritans)

### **Netherlands Suicide Hotline**

[09000767](tel:09000767)

### **Netherlands Emergency Number**

[112](tel:112)

### **Stitching 113Online**

[0900 0113](tel:09000113)

provides a 24/7 national suicide prevention phone line and webchat. 113Online

## **Aids / Sexual Health**

### **AIDS Action Europe**

[31 20 62 62 669](tel:31206262669)

Soa Aids Nederland (STI AIDS Netherlands), Keizersgracht 392, 1016 GB Amsterdam, Netherlands

### **AIDS Fonds**

[31 20 62 62 669](tel:31206262669)

Keizersgracht 390-394, 1016 GB Amsterdam

### **AIDS Healthcare Foundation**

[31 20 626 6267](tel:31206266267)

Keizersgracht 518, 1017 EK Amsterdam, The Netherlands

**Bridging the Gaps – Health and rights for key populations**

[31 20 62 62 669](tel:31206262669)

Aids Fonds, Keizersgracht 392, 1016 GB Amsterdam, The Netherlands

**COC Nederland**

[31 20 623 45 96](tel:31206234596)

Nieuwe Herengracht 49, 1011 RN Amsterdam

**Correlation Network**

[31 20 5317600](tel:31205317600)

c/o Foundation De Regenboog Groep, Droogbak 1d, 1013 GE Amsterdam, Netherlands

**Dutch Foundation for STI and AIDS Control – SOA AIDS Nederland**

[31 20 62 62 669](tel:31206262669)

Keizersgracht 390-394, 1016 GB Amsterdam

**FEW International**

[31 20 638 1718](tel:31206381718)

Van Diemenstraat 48, 1013 NH Amsterdam, The Netherlands

**Global Network of People Living With HIV/AIDS (GNP+)**

[31 20 42 34 114](tel:31204234114)

Central Secretariat PO Box 11726, 1001 GS Amsterdam, Netherlands

**HIV Vereniging Nederland**

[31 20 61 60 160](tel:31206160160)

Postbus 15847, 1001 NH Amsterdam

**International AIDS Vaccine Initiative (IAVI)**

[31 20 52 10 030](tel:31205210030)

Herengracht 208, 1016BS Amsterdam, Netherlands

**International AIDS Vaccine Initiative (IAVI)**

[31 20 531 76 00](tel:31205317600)

Postbus 10887, 1001 EW Amsterdam

## **STOP AIDS NOW!**

[31 20 528 7828](tel:31205287828)

Keizersgracht 392, 1016 GB Amsterdam, Netherlands

## **TAMPEP International Foundation – Transnational AIDS/STD Prevention among Migrant Prostitutes in Europe Project**

[31 20 692 69 12](tel:31206926912)

Eerste Helmersstraat 17 B3, 1054 CX Amsterdam, Netherlands

## **Domestic & Sexual Violence**

### **Blijf Groep (North Holland domestic violence shelter group)**

[020 611 6022](tel:0206116022)

### **Children's Hotline**

[0800 0432](tel:08000432)

### **Huiselijkgeweld Meldpunt (domestic violence hotline)**

[0900 1 262626](tel:09001262626)

### **Kezban Foundation**

[06-12 50 7996](tel:0612507996)

### **Stichting Korrelatie (for help with relationship problems)**

[0900 1450](tel:09001450)

### **The primary aid line for help after sexual violence**

[020 613 0245](tel:0206130245)

### **Veiligthuis (National Domestic Violence, Child Abuse and Elderly Abuse)**

[0800 2000](tel:08002000)

## **Gay & Lesbian (GLBTQ)**

### **Amsterdam Gay Pride Foundation**

[31 \(0\)6 1479 3189](tel:310614793189)

### **COC Amsterdam**

[31 \(0\)20 626 3087](tel:310206263087)

## **Police Amsterdam**

[31 \(0\)88 169 1234](tel:3120881691234)

The local police department operates a project called 'Roze in Blauw', in which officers with an affinity with the local LGBTI community are available to help anyone harassed or discriminated against because of their sexuality.