

Philippines

Suicide Prevention

[National Center for Mental Health](#) (NCMH) crisis hotlines: from landline call 1553, from cellphone call: 0917-899-8727, 0966-351-4518, or 0908-639-2672

[In Touch Philippines](#) free and anonymous 24/7 crisis line: +63 2 8893 7603, +63 917 800 1123, or +63 922 893 8944

Natasha Goulbourn Foundation [HOPELINE PH](#) 24/7 Suicide Prevention and Emotional Crisis Line: 2919 for Globe/TM, 0917.558.4673, 0918.873.4673, or (02) 8804-4673

[Tawag Paglaum – Centro Bisaya](#) 24/7 crisis intervention and suicide prevention hotline: Smart/Sun: 0939-9375433, 0939-9365433, Globe/TM: 0927-6541629

Abuse and Domestic Violence

[National Center for Mental Health](#) (NCMH) Women and Child Protection Unit landline: 8-531-9001 Loc 309

[Bantay Bata 163](#) child helpline: 1-6-3

[Gender Watch Against Violence and Exploitation](#) (GWAVE) free legal services for women: +63 915 259 3029

Addiction

[Department of Health \(DOH\)](#) Substance Abuse Helpline: 1550

[Living Free Foundation](#): (0917) 322-7807

Mental Health

[Philippine Mental Health Association](#) (PMHA): +63 2 921 4958

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Teens

[Bantay Bata 163](#) child helpline: 1-6-3