

Portugal:

Emergency: [112](#) Suicide Hotline: [21 854 07 40](#) and [8 96 898 21 50](#)

Portugal

Helpline 1: (808) 200 204

Website: WWW.AAC.UC.PT

[Vozes Amigas de Esperança](#)

Call: 222 030 707

[Online Chat](#)

Vozes Amigas de Esperança offers free, compassionate and confidential support over phone and online chat. We are here to help everyone in Portugal who may be looking for support with anxiety, depression, loneliness, stress, suicide.

[SOS Voz Amiga](#)

Call: 213 544 545

The SOS Voz Amiga Association provides emotional support by telephone in acute situations of suffering caused by loneliness, anxiety, depression and suicide risk. We want the emotional well-being of all those who seek the service and we strive to ensure a gradual increase in the number of telephone service shifts, for a greater response capacity of SOS VOZ AMIGA to the population.

[Telefone da Amizade](#)

Call: 22 832 35 35

Telefone da Amizade supports anyone in personal crisis and experiencing suicidal thoughts by phone and email. We are a private social solidarity association, recognized as being of public utility, solely supported by the work and commitment of volunteers. We are not a religious or governmental organization. Our volunteers are all different, but they have two things in common: they like people and they are good listeners.

English translation: Telefone da Amizade supports anyone in personal crisis and suicidal thoughts via phone and email. We are a private association of social solidarity, recognized as being of public utility, supported solely by the work and commitment of volunteers. We are not a religious or governmental organization. Our volunteers are all different, but they have two things in common: they like people and they are good listeners.

SOS Estudante

Call: +351915246060

SOS Estudante offers free, compassionate and confidential support over phone. We support everyone in Portugal who may be experiencing emotional distress related to suicide.

Voz de Apoio

Call: 225 50 60 70

Voz de Apoio provides free and confidential support and information by phone. We are here to help everyone in Portugal who may need emotional support with self-harm, suicide.

Serviço de Informação a Vítimas de Violência Doméstica Portugal

Text: 3060

Call: 800 202 148

Created in November 1998, this free, anonymous and confidential telephone information service operates 24 hours a day / 365 days a year, to support victims of domestic violence through the number 800 202 148. If you cannot or do not want to call, send a message to the 3060 SMS Line, which is also free and confidential. The CIG also operates an email service to ask questions, requests for support and emotional support: violencia@cig.gov.pt. These services have professionals specially trained to care for and provide psychosocial support to victims of domestic violence, who provide information about their rights, about existing resources throughout the national territory and where psychological, social and legal support can be obtained.