

Switzerland:

Emergency: [112](#) Suicide Hotline: [143](#)

Switzerland

Helpline 1: 143

Website: WWW.143.CH

147.ch

Text: 147

Call: 147

[Online Chat](#)

147.ch is dedicated to providing 24/7, free and confidential support by phone, text message (SMS) and online chat. We help youth in Switzerland 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.

[Young4HelpChat](#)

Online Chat

Siamo qui per te Hai dubbi? Incertezze? Paure? Qualcosa non va a casa? Oppure a scuola? Fai fatica a dormire? Molti pensieri? Sei preoccupata/o per qualcosa? Sei spesso stanca/o oppure triste?

Noi siamo qui per te. Spesso è più semplice parlarne con giovani (pari) che con adulti, poiché utilizziamo lo stesso linguaggio e viviamo simili esperienze. Ti aiutiamo a comprendere quello che stai passando trovando assieme soluzioni utili per affrontare la tua situazione. Con noi puoi parlare di qualsiasi cosa, tutto rimane nell'anonimato.

We are here for you Do you have any doubts? Uncertainties? Fear? Is something wrong at home? Or at school? Are you struggling to sleep? Many thoughts? Are you worried about something? Are you often tired or sad? We are here for you. It is often easier to talk about it with young people (peers) than with adults, as we use the same language and have similar experiences. We help you understand what you are going through by finding together useful solutions to deal with your situation. With us you can talk about anything, everything remains anonymous.

Suicide & Crisis Lines

La Main Tendue

[143](#)

Secretariat central Zähringerstrasse 53

Case postale 835 CH-3000 BERNE 9

PARSPAS

[41 \(0\) 27 321 21 21](#)

CP 2287 – 1950 Sion 2

Aids / Sexual Health

Universitätsspital Zürich-Abteilung Infektionskrankheiten

[044 255 37 76](#)

[044 255 11 11](#)

Rämistrasse 100 8091 Zürich No appointment: Monday and Wednesday 5.15pm-6.15pm (announce at the main entrance) With appointment: 044 255 20 27 (Monday to Thursday 7:30am-12am, 1:15pm-5pm)

Domestic & Sexual Violence

Dargebotene Hand (crisis helpline)

143

End Human Trafficking Now!” & “Friends of Humanity”

41 22 80 707 62

National:

044 436 90 00

Gay & Lesbian (GLBTQ)

LGBT+ Helpline

0800 133 133