

Thailand:

Suicide Hotline: [\(02\) 713-6793](tel:027136793)

Helpline 1: (02) 713-6793

Website: WWW.SAMARITANSTHAILAND

.BLOGSPOT.COM

ปรึกษาปัญหาสุขภาพจิต 1323- Mental Health Hotline 1323

Call: 1323

Pruks'ā payhā sukhpāph cit 1323- s̄ay dwn sukhpāph cit 1323 h̄ikār s̄nābs̄nun fir̄ t̄lxd 24 ch̄awm̄ong læa p̄en khwām læb thāng thor̄s̄apht̄ læa ch̄æ thx xn l̄in̄ reā mī xyū̄ phēux̄ ch̄wyh̄el̄ux̄ p̄h̄ū̄khn̄ thuk khnn̄i prath̄ēst̄h̄ij̄ th̄i x̄ac̄ t̄xngk̄ār k̄ār s̄nābs̄nun thāng x̄ārm̄n̄ c̄āk k̄ār l̄wng lameid læa khwām runr̄æng n̄i khrx̄bkhr̄aw khwām witk̄ k̄angwl̄ k̄ār̄k̄ l̄an̄ k̄ǣl̄nḡ p̄h̄āwa s̄mxnḡ s̄ēux̄m̄ læa x̄al̄ s̄i me x̄i p̄h̄āwa s̄um̄ s̄ēf̄ā k̄ār kin læa p̄h̄āp̄lak̄s̄'ñ̄ khrx̄bkhr̄aw k̄ār p̄h̄an̄ phēs̄ læa x̄at̄ lak̄s̄'ñ̄ thāng phēs̄ khwām h̄enḡā k̄ār l̄ēiyngd̄ū̄ k̄ār t̄anḡ khrr̄p̄h̄ læa k̄ār th̄āth̄ænḡ, k̄ār b̄ādc̄eb̄& PTSD, khwām s̄am̄phan̄t̄h̄, rongrēiyn̄& th̄i th̄anḡān̄, k̄ār th̄āf̄āȳ t̄aw̄ xenḡ, k̄ār l̄wng lameid thāng phēs̄, khwām̄kher̄īyd, k̄ār ch̄i s̄ār̄ s̄eph̄ tid, khwām khid̄ kh̄ā t̄aw̄ t̄āy, k̄ār ch̄wyh̄el̄ux̄ p̄h̄ū̄ x̄ū̄n̄, khwām s̄ēf̄ā s̄ok̄& k̄ār s̄ūȳ s̄ēiȳ læa khwām c̄eb̄p̄wȳ thāng r̄āngk̄āy

mēux̄ khun̄ tid̄x̄ reā khun̄ ca d̄i p̄h̄ūd̄ khuȳ k̄ab̄ h̄n̄unḡ n̄i th̄i pruks'ā th̄i p̄h̄ān̄ k̄ār f̄iuk̄ x̄br̄m̄ k̄hxnḡ reā s̄unḡ mī prāsb̄k̄ār̄n̄ n̄i k̄ār ch̄wyh̄el̄ux̄ p̄h̄ū̄ th̄i mī prāsb̄k̄ār̄n̄ kh̄l̄āȳ k̄ab̄ khun̄ p̄hwk̄ k̄h̄eā ca r̄ab̄ f̄anḡ s̄ǣdnḡ khwām h̄ēn̄ x̄k̄ h̄ēnc̄ī læa k̄h̄eāc̄ī læa ch̄wȳ khun̄ h̄ā thānḡ p̄h̄ān̄ s̄īh̄ānk̄ār̄n̄ k̄hxnḡ khun̄ thuk̄ khn̄ s̄āmār̄th̄ thor̄ læa r̄ab̄ k̄ār s̄nābs̄nun̄ d̄i fir̄ reā xyū̄ phēux̄ ch̄wyh̄el̄ux̄ thuk̄ khn̄ doȳ m̄ī kh̄ān̄unḡ t̄īhunḡ x̄āyū̄ phēs̄ khwām chēux̄ h̄r̄ux̄ chēux̄ch̄ātī reā thr̄āb̄ d̄i w̄ā payhā d̄ān̄ sukhpāph cit h̄r̄ux̄ p̄h̄āwa wikvt̄ x̄ac̄ keid̄ kh̄ū̄n̄ d̄i thuk̄ mēux̄ reā c̄unḡ p̄h̄x̄m̄ h̄ī brik̄ār̄ thuk̄ w̄an̄ t̄lxd 24 ch̄awm̄ong

English Translation: ปรึกษาปัญหาสุขภาพจิต 1323- Mental Health Hotline 1323 provides 24/7, free and confidential support by phone and online chat. We exist to help people everyone in Thailand who may need emotional support with abuse & domestic violence, anxiety, bullying, dementia & Alzheimers, depression, eating & body image, family, gambling, gender & sexual identity, loneliness, parenting, pregnancy & abortion, trauma & PTSD, relationships, school & work, self-harm, sexual abuse, stress, substance use, suicidal thoughts, supporting others, grief & loss, and physical illness.

When you reach out to us you will talk with one of our trained counselors who have experience in how to help people with similar experiences to your own. They will listen, express empathy and understanding, and assist you to find a way through your situation. Anyone can call and receive free

support. We exist to help everyone regardless of age, gender, beliefs or ethnicity. We recognise that difficult mental health or crisis experiences can happen at any time, so we are available 24 hours a day, every day of the week.

ศูนย์ช่วยเหลือสังคม สายด่วน 1300 (Social Help Center Hotline 1300)

Call: 1300

ศูนย์ช่วยเหลือสังคม สายด่วน 1300 (Social Help Center Hotline 1300) offers 24/7, free and confidential support and information over phone. We are here for everyone in Thailand 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.

Samaritans Thailand

Call: 02-113-6789

Samaritans Thailand provides free and confidential support and information over phone. We exist to help everyone in Thailand who may require 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.

[มูลนิธิหญิงชายก้าวไกล \(มญช.\) Women and Men Progressive Movement Foundation \(WMP.\)](#)

Call: 0-2513-2889

[Online Chat](#)

Wmp is an NGO working to promote gender equality, with the participation of all sectors of society, through the integration of work to prevent and reduce violence caused by gender bias. We have a social worker and lawyer to service counseling for people who were abused such as domestic violence, sexual violence, etc. We are pleased to assist you to get through the problem and insist by yourself sustainability.