

Baltic Sea Youth Platform



Mental health

Helplines for Young People in the Baltic Sea Region



Baltic Sea Youth Platform

International

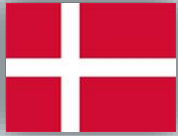
Child Helpline International

List of helplines for children and youth.
www.childhelplineinternational.org

International Association for Suicide Prevention

List of suicide prevention hotlines for Europe.
www.iasp.info

Source: <https://www.mhe-sme.org/library/youth-helplines/>



Denmark

Livslini

All ages – general counselling.

Phone: **70 201 201**

www.livslinien.dk

SIND

General helpline for people wanting to talk about their mental ill health and for those who have a friend or family member with mental ill health.

Open Monday to Friday, 11.00-22.00.

Saturday – closed.

Sunday from 17.00 to 22.00.

Phone: **70 232 750**

www.sind.dk



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Estonia

Hea Enesetunde Heaks
Counselling service.
678 7422

www.enesetunne.ee





Finland

Lasten ja nuorten puhelin / Mannerheim League for Child Welfare

Help with all questions for children and adolescents.

116111

Mieli – the Finnish Association for Mental health

Online chat service for young people.

(09)41350501

www.sekasin247.fi

Nuorten netti / Mannerheim League for Child Welfare

Online chat service for young people.

www.nuortennetti.fi



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Germany

Nummer gegen Kummer e.v.

Nummer gegen Kummer – service for young people (all issues).

116111

www.nummergegenkummer.de

schon mal an selbsthilfegruppen

self help groups for young people

<http://www.schon-mal-an-selbsthilfegruppen-gedacht.de/>



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Iceland

Raudi Krossinn
raudikrossinn.is





Latvia

Skalbes

Crisis phone line – Health/wellbeing support
(all ages).

6 7222 922 / 2 7722292

www.skalbes.lv





Lithuania

Jaunimo linija

NGO, a team of volunteers provide emotional help and support online and via the phone (24hrs).

880028888

www.jaunimolinija.lt

Vaiku Linija

Free and anonymous help for children and teenagers (phone and online). Consultants listen to young people and try to find ways together to solve their difficulties.

116 111

www.vaikulinija.lt





Norway

Mental Helse

Hjelpetelefonen (all ages).

116 123

www.mentalhelse.no

Voksne for Barn

Helpline for adults who are worried about a child or young person.

810 03 940 (Norwegian) / **81000 040**

(Lithuanian, Polish, Russian)



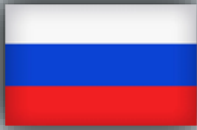
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Poland

116111

116111.pl



Russia





Sweden

1177

Free helpline that offers temporary psychological support. You can be anonymous if you want.

0046771-22 00 60

www.1177.se

MIND

Suicide prevention line (all ages).

90101

www.mind.se

MIND ParentLine

Support line for parents who are worried about their child.

020-852000

www.mind.se



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COUNCIL OF THE BALTIC SEA STATES
The Secretariat

bsyp.eu
www.cbss.org