

# Baltic Sea Youth Platform



## Mental health

## Helplines for Young People in the Baltic Sea Region



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## **International**

### **Child Helpline International**

List of helplines for children and youth.  
[www.childhelplineinternational.org](http://www.childhelplineinternational.org)

### **International Association for Suicide Prevention**

List of suicide prevention hotlines for Europe.  
[www.iasp.info](http://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](http://www.livslinien.dk)

## SIND

General helpline for people wanting to talk about their mental ill health and for those who have a friend of 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](http://www.sind.dk)



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# Estonia

**Hea Enesetunde Heaks**  
Counselling service.

**678 7422**

[www.enesetunne.ee](http://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](http://www.sekasin247.fi)

## **Nuorten netti / Mannerheim League for Child Welfare**

Online chat service for young people.

[www.nuortennetti.fi](http://www.nuortennetti.fi)





# Germany

## **Nummer gegen Kummer e.v.**

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

**116111**

[www.nummergegenkummer.de](http://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](http://raudikrossinn.is)





# Latvia

## Skalbes

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

**6 7222 922 / 2 7722292**

[www.skalbes.lv](http://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](http://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](http://www.vaikulinija.lt)





# Norway

## Mental Helse

Hjelpetelefonen (all ages).

**116 123**

[www.mentalhelse.no](http://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)





# Poland

**116111**

[116111.pl](http://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](http://www.1177.se)

## **MIND**

Suicide prevention line (all ages).

90101

[www.mind.se](http://www.mind.se)

## **MIND ParentLine**

Support line for parents who are worried about their child.

020-852000

[www.mind.se](http://www.mind.se)



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COUNCIL OF THE BALTIC SEA STATES  
The Secretariat

[bsyp.eu](http://bsyp.eu)  
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