

Suicide Prevention Hotlines by Country

These are the available helplines for suicide prevention and mental health crises in the respective countries where iQor operates. Each country may also have additional local resources specific to regions or cities.

United States

National Suicide Prevention Lifeline:
1-800-273-8255
(or 988 for the Suicide and Crisis
Lifeline)

Canada

Canada Suicide Prevention Service:
1-833-456-4566 (phone) or text 45645

Mexico

Línea de la Vida:
800 911 2000

Panama

National Suicide Prevention Hotline:
+507 523-6485

Colombia

Línea Nacional Contra el Suicidio:
106 (in Bogotá, Cali, Medellín)
or 01 8000 113 113

Trinidad and Tobago

Lifeline Trinidad and Tobago:
868-645-2800 or 868-225-4673

Poland

**Polish National Suicide Prevention
Helpline:** 22 484 88 01

India

KIRAN: 1800-599-0019

Hong Kong

**Social Welfare Department
Hotline:**
2343 2255

Philippines

**National Center for Mental Health
Crisis Hotline:**
0917-899-8727 or 989-8727