

# Mental Health Resource Lines



AFRICAN LEADERSHIP ACADEMY | UPDATED NOV 25 2023

Below is a non-exhaustive list of mental health resource helplines by country. Please reach out to one of these lines, the Alumni Engagement team, or a member of the ALA community if you or a loved one is experiencing difficulties with mental wellbeing.

Country	Number or Website
Algeria	0021 3983 2000 58 (Crisis Hotline Algeria)
Botswana	3911270 (National Lifeline)
Burundi	+25769776367 (Human Health Aid) <a href="https://humanhealthaid.com/">https://humanhealthaid.com/</a>
Canada	1-833-456-4566 or 45645 (Crisis Talk Line)
Cyprus	8000 7773 (Cyprus Semaritans)
Egypt	762 1602, 762 1603 and 762 2381 (BeFriendsers)
France	0800 235 236 (Fil sante jeunes) <a href="https://www.sos-amitie.com/">https://www.sos-amitie.com/</a> (SOS Amitié)
Ghana	2332 444 71279 (National Lifeline)
India	961-944-5504 (Kiran)
Ireland	50808 ( <a href="https://text50808.ie/">https://text50808.ie/</a> ) (Text Helpline)
Japan	<a href="http://telljp.com/lifeline/">http://telljp.com/lifeline/</a> (English speaking lifeline service)
Korea	1588-9191 (Lifeline Korea)
Kenya	+254 722 178 177 (BeFriendsers Kenya)
Lebanon	+961-1-341941 (Crisis Lifeline)
Liberia	6534308 (Lifeline Liberia)
Malawi	<a href="https://yoneco.org/">https://yoneco.org/</a> sms: 393 (Youth Helpline)

Mauritius	+230 800 93 93 (BeFriends Mauritius)
Morocco	<a href="https://www.sourire2reda.org/">https://www.sourire2reda.org/</a> (BeFriends Morocco)
Nigeria	<a href="https://mentallyaware.org/emergency/">https://mentallyaware.org/emergency/</a> (Mentally Aware) <a href="https://www.surpinng.com/">https://www.surpinng.com/</a> +234-8000787746 (Surpin)
South Africa	0800 567 567 (Crisis Line)
Sudan	(249) 11-555-253 (BeFriends Khartoum)
Togo	<a href="https://croixbleuedutogo.org/">https://croixbleuedutogo.org/</a> (Blue Cross)
Tunisia	<a href="https://www.mawjoudin.org/">https://www.mawjoudin.org/</a> (LGBTQ+ Support)
Uganda	+254 722 178 177 (BeFriends) 0800 21 21 21 (Suicide Hotline)
United Arab Emirates	920033360 (National Committee for the Promotion of Mental Health)
United Kingdom	<a href="http://nsphuk.org/">http://nsphuk.org/</a> (National Suicide Prevention Helpline)
United States	<a href="http://988lifeline.org/">http://988lifeline.org/</a> (Suicide & Crisis Lifeline) <a href="http://crisistextline.org/">http://crisistextline.org/</a> (Crisis Textline)
Zambia	+260960264040 (Suicide Hotline)
Zimbabwe	+263965000 (BeFriends)
International Services	BeFriends - <a href="https://befrienders.org/">https://befrienders.org/</a>

Find Further Helplines with the Databases Below:

<https://blog.opencounseling.com/suicide-hotlines/>  
<https://www.iasp.info/crisis-centres-helplines/>

### **Internal Resources:**

We provide confidential, judgement-free alumni peer to peer support. The Peer Supporters are all ALA alumni from various backgrounds trained by the ALA Wellness team to provide their fellow alums with support. [Sign up for a ALA Virtual Peer Support call here.](#)

Have a wellness contact, or ideas? Contact Alumni Engagement at [AlumniEngagement@africanleadershipacademy.org](mailto:AlumniEngagement@africanleadershipacademy.org)

If you are in need of support and are currently a gap year or in university, please reach out to the following members of the Alumni Engagement team below:

Africa, Asia, Middle East, Europe: Mbali Shange [mshange@africanleadershipacademy.org](mailto:mshange@africanleadershipacademy.org)

US, Canada, South America: Sydney Newman [snewman@africanleadershipacademy.org](mailto:snewman@africanleadershipacademy.org)