



Mental Health Support

If you are feeling down, anxious, or stressed reaching out for help is an important first step toward getting better. Below are some options for finding support.

In the Netherlands

- If you are experiencing extreme emotional distress, you can always call the Dutch [suicide prevention hotline](#) for free at 113 (in English or Dutch). An online chat service (at 113.nl) is also available.
- If you are looking for someone to speak to right away, [De Luisterlijn](#) is a free Dutch helpline which can be reached 24/7 by phone (+31 880 767 000) and from 10.00 to 22.00 via their online chat function. If you don't speak Dutch, you can ask to speak with an English-speaking volunteer.
- Consult your [general practitioner](#) (“huisarts”), who can refer you to a mental health specialist. Such a referral is necessary for health insurance claims in the Netherlands. Dutch health insurance covers most or all of the costs of mental health care, but check your specific health insurance plan for details.
- [Trimbos Institute](#) offers a wide variety of self-help interventions for problems like alcohol abuse, depression, and anxiety (in Dutch).
- You can also contact the Dutch [social services](#) (Algemeen Maatschappelijk Werk) for a variety of issues, ranging from stress and relationship problems to financial problems. They will help you for free and you do not need a referral from your GP. Contact your Dutch municipality for more information.

Everywhere else

- [Suicide Stop](#) provides an extensive list of suicide hotlines and online chats around the world.
- [Find A Helpline](#) is a useful website which can assist you in finding a local helpline, no matter where you live.
- If you are experiencing distress or issues related to your gender or sexuality, [Switchboard](#) offers a helpline, an online chat function, and an option to send emails.
- [My Black Dog](#) is a peer-to-peer support chat service for people struggling with their mental health.