

The helpline is open 24/7.

We know that talking helps.

Need help now?

To chat www.113.nl

Call 113 or call [free 0800-0113](tel:0800-0113)

- discuss things with one of our psychologists
- take an online therapy course
- do our self-test

knowing more? Visit www.113.nl

Anonymous and confidential.



*Do you sometimes think:
'I'm just going to put an end to it all?'*

113 suicide
prevention

113 suicide
prevention



Do you have thoughts about suicide? *Talking helps.*

... but that's not always easy. Talking to someone anonymously has the advantage that it lets you talk more easily and share your thoughts, and gives you a break from your worrying.

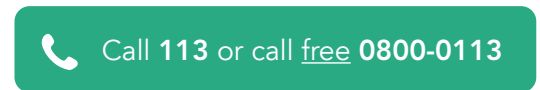
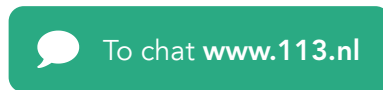
Various options

If you have suicidal thoughts, you can talk to us about this, 24/7, anonymously and confidentially. We have various options you can choose from. Visit our website www.113.nl to see what we can do for you.

Are you harbouring suicidal thoughts?

If so, don't wait to contact us.

Talking about thoughts of suicide can be done anonymously:



113 Suicide prevention can also be reached via 0900-0113

Anonymous and confidential

113 Suicide Prevention is an independent care institution and the leading national organisation for suicide prevention.

Our mission

'A country where no one is driven by loneliness and despair to commit suicide.'

People with suicidal thoughts and their loved ones can make use of 113 anonymously, free of charge and around the clock. As a care provider, 113 Suicide Prevention offers accessible help by professionals and by volunteers who have received intensive training. The care offered by 113 supplements the regular healthcare service. Our services include the helplines, online therapy and digital self-help options.

Every day
in the Netherlands,

5

people commit suicide



99% of people with *suicidal thoughts* manage to stop before they get as far as suicide



At 113, we *talk* to about 1000 people a week



If I hadn't contacted 113, I might well have put an end to my life on an impulse...