

Need help now?

The helpline is open 24/7

 To chat 113.nl

 Call 113 or call free 0800-0113

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

knowing more? Visit 113.nl
Anonymous and confidential.



We know that
talking helps.



113 suicide
prevention

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

113 suicide
prevention



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

2000
people a week

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

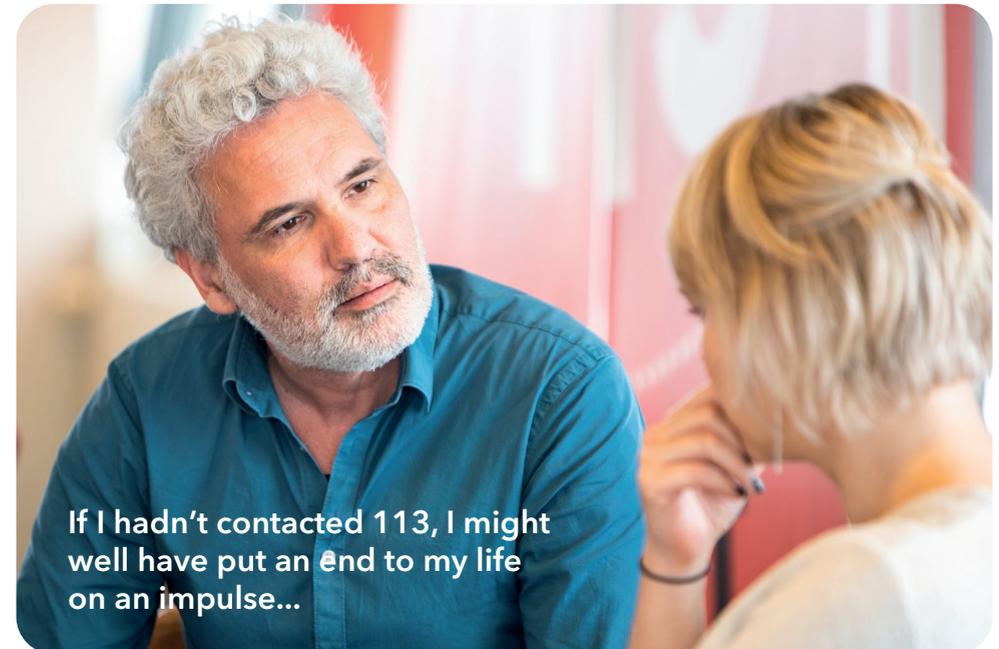
If you have suicidal thoughts, you can talk to us about this, 24/7, anonymously and confidentially. We have various options you can choose from. Visit our website www.113.nl to see what we can do for you.

Are you harbouring suicidal thoughts?
If so, don't wait to contact us.

Talking about thoughts of suicide can be done anonymously:

 To chat [113.nl](https://www.113.nl)

 Call 113 or call free 0800-0113



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