



Soukouna – Mental Health Emergency Guide

This guide gathers essential emergency contacts for
Belgium, the Netherlands, Italy and Spain with a special
focus on mental health support



TABLE OF CONTENTS

01

THE NETHERLANDS

BELGIUM

02

03

ITALY

SPAIN

04

INTRODUCTION

This document provides an overview of the most important emergency numbers and support hotlines in four countries: Belgium, the Netherlands, Italy and Spain.

For each country, you will find a curated list of essential services.

The goal of this overview is to make reliable help accessible, no matter where you are.

All phone numbers and websites included in this guide connect you with official or trusted organisations that offer urgent assistance, information, or emotional support.

If you or someone around you is in immediate danger, always call the **European emergency number 112**.



01 THE NETHERLANDS

ALGEMENE NOODNUMMERS

NOODNUMMER VOOR DRINGENDE HULP (EU)	112
BRANDWEER & ZIEKENWAGEN	112
POLITIEHULP	0900-8844

DE LUISTERLIJN

TEL.: 088 0767 000
WWW.DELUISTERLIJN.NL

MIND HULPLIJN

TEL. 0900-1450
WWW.MINDHULPLIJN.NL

DEPRESSIELIJN

TEL.: 088-5054334
WWW.DEPRESSIEVERENIGING.NL

KINDERTELEFOON

TEL.:0800 15 225
WWW.INJEBOL.NL

DRUG INFOLIJN

TEL.: 0900-1995
WWW.DRUGSINFO.NL

ZELFMOORDPREVENTIE

TEL.: 0800-0113
WWW.113.NL

INJEBOL

WEBSITE: WWW.INJEBOL.NL

JONGERENHULP ONLINE

WWW.JONGERENHULPONLINE.NL



02

BELGIUM

ALGEMENE NOODNUMMERS

NOODNUMMER VOOR DRINGENDE HULP (EU)	112
BRANDWEER & ZIEKENWAGEN	100
POLITIEHULP	101
ZIEKENWAGEN RODE KRUIS	105
ZELFMOORDLIJN	1813

TELE-ONTHAAL

TEL.: 106
WWW.TELE-ONTHAAL.BE

TÉLÉ- ACCEUIL

TEL. 107
WWW.TELE-ACCEUIL.BE

AWEL

TEL.: 102
WWW.AWEL.BE

ÉCOUTE-ENFANTS

TEL.:103
WWW.103ECOUTE.BE

DE DRUGLIJN

TEL.: 078 15 10 20
WWW.DRUGLIJN.BE

INFOR-DROGUES & ADDICTIONS

TEL.: 02 227 52 52
WWW.INFORDROGUES.BE



03

ITALY

LINEE DI EMERGENZA GENERALI

NUMERO DI PRONTO INTERVENTO	112
POLIZIA DI STATO	113
VIGILI DEL FUOCO	115
EMERGENZA SANITARIA	118

TELEFONO AMICO ITALIA

TEL.: 02 2327 2327

WWW.TELEFONOAMICO.IT

SAMARITANS ONLUS ITALIA

TEL.: 800 860 022

WWW.SAMARITANSONLUS.ORG

TELEFONO AZZURRO

TEL.: 196 96

WWW.AZZURRO.IT

TELEFONO ROSA

TEL.: 06 37 51 82 83

WWW.TELEFONOROSA.IT

TELEFONO AMICO CEVITA

TEL.: +39 02 99 777

WWW.TELEFONOAMICOVITA.IT

LEO FUND ASSISTENZA TELEFONICA

TEL.: 800 168 678

WWW.DELEOFUND.ORG



04

SPAIN

NÚMEROS DE EMERGENCIA GENERALES

POLICÍA NACIONAL	091
GUARDIA CIVIL	062
AMBULANCIA	115
EMERGENZA SANITARIA	061
BOMBEROS	080

TELÉFONO DE LA ESPERANZA

TEL.: 717 003 717

WWW.TELEFONODELAESPERANZA.ORG

TELÉFONO ANAR

TEL.: 900 20 20 10

WWW.ANAR.ORG

DROGODEPENDENCIAS

TEL.: 4141

WWW.PNSD.MSCBS.GOB.ES

LA LÍNEA 988

TEL.: 988

WWW.988LIFELINE.ORG

CUIDADOSAMENTE

TEL.: (900) 525 100

WWW.CUIDADOSEMENTE.COM

INFORMACIÓN A LA MUJER

TEL.: 900 191 010

WWW.INMUJERES.GOB.ES

