

We are available 24/7.

We know that
talking helps.

Need help now?

 **Call: 0900 - 0113**

 **To chat: www.113.nl**

Or:

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

To find out how, visit www.113.nl.

Anonymous, confidential and 24/7



*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.

 Call: 0900 - 0113

 To chat: www.113.nl

Anonymous, confidential and 24/7

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 crisis 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...