

## Do you need help right now?

The helpline is open 24/7

 Chat with us at 113.nl

 Call 113 for free

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

Want to know more? Visit 113.nl  
Anonymous and confidential



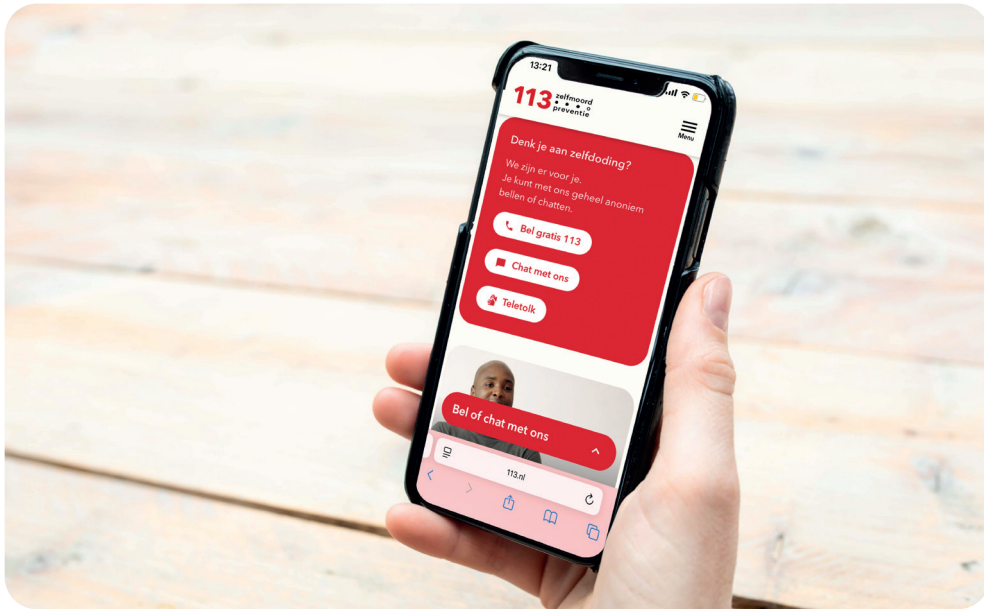
We know that talking  
can make a difference.



**113**  
• • ◦

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

**113**  
• • ◦



## Anonymous and confidential

113 Suicide Prevention is an independent organization that works to prevent suicide and support people in need.

### > Our mission

**'A country where no one dies by suicide feeling lonely or desperate.'**

People with suicidal thoughts and their loved ones can make use of 113. You can call us 24/7, free of charge and anonymously. 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 lose their life to suicide

**99%**

of people with suicidal thoughts manage to turn away from suicide in time

At 113, we talk to about

**3500**

people a week

## Do you have suicidal thoughts? 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.

### Several 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 [113.nl](https://113.nl) to see what we can do for you.

Are you having thoughts about suicide?

If so, don't wait to contact us.

Talking about thoughts of suicide can be done anonymously:

 [Chat with us at 113.nl](https://113.nl)

 [Call 113 for free](tel:113)



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