



When it is more than a low spell

If you need help now

If you are in immediate danger or cannot keep yourself safe, call the emergency number for the country you are in now. If possible, ask someone you trust to stay with you or make the call.

Country you are in	Emergency – call now	Crisis / someone to talk to
Germany	112 medical · 110 police Source	0800 1110111 Source
Austria	144 medical · 133 police Source	142 Source
Switzerland	144 medical · 117 police Source	143 Source
USA	911 Source	988 Source
UK	999 Source	116 123 Source
Spain	112 Source	024 Source
Portugal	112 Source	1411 Source
Brazil	192 SAMU · 190 Polícia Source	188 Source

The crisis phone lines in the table operate around the clock; you may have to wait. They are not emergency dispatch services. Use the emergency number for immediate danger. Services differ: DE, AT, CH, UK and BR offer emotional support; US 988 supports mental health crises; ES 024 and PT 1411 focus on suicide risk. Numbers apply in the country listed.

CH: 143 offers German/French/Italian. English: **0800 143 000**, daily 6–11 pm Swiss time ([source](#)). Support is free; phone-provider charges may apply. Germany's TelefonSeelsorge operates in German. This PDF's language does not guarantee support in that language.

This free information sheet does not diagnose you and does not replace professional medical, mental health or specialist support. It is not an emergency service. No purchase or email address is required. Contacts and sources checked **11 October 2026**. Next review: 11 November 2026. Support for relationship abuse: page 4.

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You do not have to prove it

Maybe you are still getting everything done and feel empty anyway. Maybe getting out of bed feels hard. Or you cannot quite explain what has changed. You do not have to reach breaking point to deserve help.

This sheet cannot tell you whether you have depression. It can help you put changes into words. Ongoing low mood, loss of enjoyment, exhaustion, changes in sleep or appetite and difficulty concentrating can be reasons to seek medical advice. These difficulties can have different causes. [NIMH](#)

What has changed for you?

Think about your daily life without giving yourself a score:

- What feels difficult now that used to feel easier?
- When did this start, and are there times when it feels different?
- What has someone who knows me well noticed?
- What do I need, and what am I struggling to manage alone?

If a low spell lasts around two weeks or longer, it is especially worth seeking a professional assessment. You do not need to wait two weeks if you are very distressed, struggling with daily life or worried about your safety.

[NHS](#)

Depression is not a character flaw. Support can help. A qualified professional can work with you to find appropriate care; a fictional character or an internet checklist cannot make that assessment.

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Making the first contact easier

You can start with a primary care doctor, a qualified mental health professional or a local mental health support service. When asking for an appointment, you might say:

"I have been feeling significantly worse for a while. It is affecting my sleep, energy or daily life. I would like an assessment and need an appointment."

If making contact feels difficult, you can ask someone to help you prepare or come with you. You do not need a complete explanation for the first conversation. If useful, make a short note of when this started, what changed and how daily life is affected. [Preparing for an assessment](#)

One small step can be enough for today

Choose at most one thing that feels possible: a drink of water, a simple meal, a moment by a window or telling someone you would like company. These are options for this moment, not treatment or a performance target. If you cannot manage them, you have not failed.

A message to someone you trust might be: "I'm having a hard time. You don't need to fix it. Could you spend a little time with me or call me today?"

If you are thinking about harming yourself, seek support now from a crisis service or health professional. If you cannot keep yourself safe or there is immediate danger, call the emergency number on page 1 and, if possible, have someone stay with you. Do not wait for a routine appointment or a reply in the comments.

You do not owe anyone a quick recovery. Accepting help can be a next step even when hope feels hard to find.

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Support for relationship abuse

In immediate danger, use the emergency numbers on page 1. These services offer advice and help you find support. You can contact them even if you are unsure how to describe what is happening.

Country	Phone	Service and hours	Source
DE	116 016	women; 24/7	DE-G
DE	0800 1239900	men; Mon–Thu 8am–8pm, Fri 8am–3pm	DE-M
AT	0800 222 555	women; 24/7	AT-G
CH	142	victim support; 24/7	CH-G
US	1-800-799-7233	relationship abuse; 24/7	US-G
England	0808 2000 247	women; 24/7	UK-E
Wales	0808 80 10 800	domestic / sexual abuse; 24/7	UK-W
Scotland	0800 027 1234	domestic abuse / forced marriage; 24/7	UK-S2
Northern Ireland	0808 802 1414	age 18+; 24/7	UK-I
ES	016	violence against women; 24/7 Information	ES-G
PT	800 202 148	domestic abuse; 24/7	PT-G
BR	180	violence against women; 24/7	BR-G

Times are local to the service. ES: legal advice operates daily 8am–10pm; 24/7 refers to information and immediate psychosocial support. CH 142 is not an emergency number. Additional support for men in Austria: **0800 400 777**, 24/7 crisis counselling ([source](#)).

If calling does not work for you: US – text **START to 88788** ([provider](#)); PT – text **3060** ([CIG](#)); ES – WhatsApp **600 000 016**, which does not accept voice calls ([ministry](#)). US message and data charges may apply. Written services do not replace emergency calls.

If someone monitors your activity, use a safer device if possible. Downloads, call logs and browsing activity may remain visible. A “quick exit” button does not erase these traces. Save this sheet only if it is safe for you.

Contacts and linked sources checked **11 October 2026**. Details may change. VSJ does not provide individual crisis counselling; comments and messages are not emergency contacts.