



After ghosting

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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An unanswered question is not your worth

A conversation, a date, perhaps some closeness – and then nothing. That can hurt and leave you with questions. You are allowed to feel disappointed even if the connection was brief or someone says it “wasn't really anything”.

Here, ghosting means ending contact without an explanation. One delayed reply does not tell you what happened. Silence cannot establish your worth or a diagnosis about the other person.

You may find yourself searching every message for a mistake. One useful distinction can be:

What I know: I have not received a reply to my last message yet.

What I am guessing: I was too much. Nobody wants me. I ruined everything.

Those guesses may feel convincing. They are still not proven facts. You do not have to replace them with forced positivity. A more honest sentence may be enough: “I don't know why this person is silent. I know it hurts right now.”

You are allowed to want clarity. You do not have to keep sending messages to chase it. You are not obliged to make contact again. Equally, you do not owe someone continued contact when you need to protect yourself.

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Making some room for yourself again

You might find it useful to mute the conversation for a while or take a small break from checking their online status. Choose what feels helpful. There is no correct deadline for getting over this.

If there is no threat, unwanted contact or stated no-contact boundary, you could consider one closing message. You do not have to send it:

"I can see this connection isn't moving forward. Consistency matters to me, so I'm stepping back. Take care."

If the person has asked for no further contact, respect that. If you are afraid of them, feel pressured or have been threatened, skip messages like this and seek support. Taking safer steps matters more than getting a perfect ending.

A small return to your daily life

- Who could I tell: "This hurt. Could you listen for a moment?"
- What would be kind to myself today, without needing to prove anything?
- What kind of communication do I want in future, regardless of this person?

Your answer might be "clear plans", "getting to know each other slowly" or "respecting a no". You are allowed to want those things. Dating is not a test of your worth.

If your sleep, eating or daily life remains badly affected, consider speaking to a qualified professional. Crisis contacts are on page 1 if you are overwhelmed. Support does not depend on other people deciding that your reason is serious enough.

If you have specific evidence of an accident or immediate danger to the other person, treat it as a possible emergency rather than assuming ghosting. This sheet cannot assess the situation.

These questions and example messages are optional reflection prompts, not therapy or a scientifically validated programme.

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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.