

# 01

## Newly Diagnosed With Bipolar? Write This Page First

*Two connected pages. First the routes you  
would actually use if you needed help; then a  
realistic way to use this Program.*

**LESSON 1 OF TWENTY-FOUR**



Watch this lesson  
[bipolarclarity.com/program/I01](https://bipolarclarity.com/program/I01)

*Print it. Write on it. Keep it.*

[bipolarclarity.com](https://bipolarclarity.com)

# This is one lesson of twenty-four

The **Bipolar Stability Program** is twenty-four free lessons for people who already have a bipolar diagnosis. Each lesson is a video; each chapter is the paper that goes with it. Fifteen languages, no email, no account, no paid version.

## Before you start

**Nothing here will ever tell you to start, stop, taper, restart, select or change a medication.** Blank is allowed, «not sure yet» is an answer, and there is no version of this you can fail. If a chapter sends you to another lesson, the lesson number is in brackets. The crisis numbers for your country are at the back of this chapter.

## Why this exists

I was diagnosed with bipolar disorder in 2018. The first episode was in 1993 — twenty-five years of living with something that had a name I hadn't been given.

Then I got lucky. A hospital near me ran a psychoeducation group: a psychiatrist, a psychologist, about ten of us around a table, once a week, for fourteen months. Nobody there told me what to do. They taught me what the thing was. What stayed with me wasn't any single fact — it was that somebody had put the facts *in an order*. I had spent twenty-five years collecting pieces; in that room, for the first time, they were a sequence.

Almost nobody gets that room. Mine needed two clinicians, a group, a waiting list, and all of it close enough to my home to attend every week for a year. It also cost me thousands of dollars.

So I rebuilt it as something you can start tonight, wherever you are, in fifteen languages, free — now and later. Not a trial, not a sample, nothing held back for a paid version.

— René, Bipolar Clarity

## What twenty-four chapters build that one cannot

Every chapter writes a piece of the same document. Lesson 1 starts your safety page, lesson 4 names your first warning signs, lesson 19 turns them into a ladder with an action and a contact on each rung, and lesson 24 assembles all of it into your **Stability Plan**: one thing you can hand to somebody on a bad day, or take into an appointment when you cannot find the words.

A single chapter gives you a page. The twenty-four give you the plan.

The twenty-four

You can do this chapter on its own — it was written that way. The numbers are the order we recommend, not a lock.

|    |                                                              |              |
|----|--------------------------------------------------------------|--------------|
| 01 | Newly Diagnosed With Bipolar? Write This Page First          | YOU ARE HERE |
| 02 | What Is Bipolar Disorder? (And What It Isn't)                |              |
| 03 | Bipolar Sleep: 3 Short Nights That Mean Different Things     |              |
| 04 | Bipolar Early Warning Signs: Pick 4 That Are Yours           |              |
| 05 | What Is My Bipolar Medication Actually For?                  |              |
| 06 | Bipolar Life Chart: How to Map Your Mood History             |              |
| 07 | Bipolar 1 vs Bipolar 2: What the Number Really Means         |              |
| 08 | Hypomania Signs Others Often Notice Before You Do            |              |
| 09 | Manic and Depressed at the Same Time? Mixed Features         |              |
| 10 | Bipolar Disorder or Something Else? Thyroid, Trauma, ADHD    |              |
| 11 | Alcohol, Cannabis, and Bipolar Disorder: What to Notice      |              |
| 12 | Bipolar Triggers: What Adds Pressure—and What Protects You   |              |
| 13 | Bipolar Psychiatry Appointment: Make the Short Visit Count   |              |
| 14 | I Feel Fine. Why Am I Still on Bipolar Medication?           |              |
| 15 | Bipolar Side Effects: What to Track and When to Call         |              |
| 16 | Thinking About Stopping Bipolar Medication? Start Here       |              |
| 17 | Bipolar Disorder and Pregnancy: Questions to Ask Early       |              |
| 18 | Does Therapy Help Bipolar Disorder? What the Evidence Says   |              |
| 19 | Bipolar Warning Signs: Subtle, Clear, and Urgent             |              |
| 20 | How to Draft a Bipolar Crisis Plan—Before You Need It        |              |
| 21 | I Think a Bipolar Episode Is Starting—What Should I Do?      |              |
| 22 | How to Build a Routine That Helps With Bipolar Disorder      |              |
| 23 | Life After a Bipolar Episode: Work, Money, and Relationships |              |
| 24 | Grieving the Person You Were: Bipolar and Identity           |              |



Start at lesson 1  
[bipolarclarity.com/program/I01](https://bipolarclarity.com/program/I01)



All 24 in one book  
[bipolarclarity.com/workbook](https://bipolarclarity.com/workbook)

## Purpose

Two connected pages. First the routes you would actually use if you needed help; then a realistic way to use this Program.

**You leave with** your own three routes — help early, urgent professional help and immediate danger — copied from the annex onto one page, one optional personal contact, and a small plan for how and when you will use the Program.

The Safety Plan is educational preparation. It does not assess risk, monitor you, or replace a safety or crisis plan written with a clinician.

## What this chapter is about

**This chapter goes with video lesson 1. It is the working half.** The video does the teaching; these pages are where you do the work. What is printed here is what you want in front of you while you write, and what you will want to find again months later without watching anything.

**Start with the page you would actually reach for.** Not the most important page in the Program — the most *findable* one. Three routes: where you get help early, where you get urgent professional help, and what you do if there may be immediate danger. Copied out in your own handwriting, kept somewhere your hand already knows.

**A route you wrote yourself is the one you find under pressure.** The annex at the back of this book has the lines country by country, and that is where you copy them from. But a number sitting in a book you have to go and find is not the same as a number on the page you keep. That difference is the whole point of starting here rather than somewhere more interesting.

**Who this is for, and when it works.** This Program is built for the stretches when you are reasonably well. Not perfectly well — well enough to read, to write a few lines, and to picture a version of yourself who is not feeling like this. That is not a bar you have to clear to deserve a place here. It is simply where the work is possible: you are preparing calmly for a moment when preparing calmly will not be on the menu.

**Which also means an episode does not remove you from this Program. It interrupts it.** There are twenty-four chapters, they are numbered, and they will sit here through a bad couple of weeks, a hospital stay, or a year in which none of this was possible. When you come back, you do not start again as some kind of penance — you open the page you were on, or go straight to the chapter that matches whatever just happened. Everything you already wrote is still yours. If you are holding the complete workbook, there is a page near the front written for exactly that moment; if you are holding this chapter on its own, the same page is in the full workbook at [bipolarclarity.com/workbook](http://bipolarclarity.com/workbook).

**And one boundary that outranks everything else here.** If you are becoming rapidly more activated, losing touch with reality, unable to care for basic needs, or at risk of harming yourself or somebody else, professional or urgent help comes first and this chapter waits. Nothing in this book is worth finishing at that cost.

## Key ideas

1. **Urgent or emergency help takes priority over coursework.** Always, and without finishing the page first.
2. **A findable route beats a remembered one.** Under pressure you will not recall a number you never wrote down.
3. **The Program helps you learn, organize and prepare.** Individualized care stays where it already is.
4. **A shorter route still produces something useful.** Filling in less is not failing.

## Watch the video first

Two things live only in the video, and one of them is the reason this Program exists.

- **Where this Program came from.** René spent about fourteen months inside a psychoeducation program at a specialist hospital after his diagnosis, and this course exists because of what that did and what it left out. He tells it himself.
- **Jordan's page, built in front of you.** Watching somebody fill in three routes badly and then fix them is worth more than reading the instruction.

Watch it before you write. The video lesson is *Newly Diagnosed With Bipolar? Write This Page First* — lesson 1 of the Bipolar Stability Program.

## Before you begin

This Program provides education and practical preparation. Individual diagnosis, psychotherapy, treatment, clinical monitoring, crisis care, and medical advice remain with the appropriate professionals and services involved in your care.

Your workbook answers are not submitted, uploaded, collected, or monitored by Bipolar Clarity.

Choose today's route:

- **Core:** Safety Plan, then Starting Point.

- **Low energy:** copy your country's emergency number from the annex, and save [bipolarclarity.com/gethelp](https://bipolarclarity.com/gethelp). Add one known service only if useful.
- **Pause:** if education is increasing distress or your condition is changing quickly, stop and contact an appropriate professional.

Answers you can always use:

- **Not known yet**
- **Prefer not to answer**
- **Nothing to record here**
- **Private — not recorded here**
- **I prefer to bring this to a professional conversation**

**Where this chapter's claims come from.** This chapter makes no clinical claims. What it sets out are the Program's own limits, and those are editorial decisions rather than findings. The rest of the Program is sourced, and the sources are public: [bipolarclarity.com/program/sources](https://bipolarclarity.com/program/sources). A source shows what published guidance says. It does not show what applies to you, and it never overrules the clinician who knows your case.

## Core route

### Part A — My Safety Plan

**Where the numbers are.** This workbook is written in one language and read in many countries, so it does not print a national number here — a language does not tell anybody where you live. **The crisis annex at the back of this workbook has the lines country by country**, plus a section for when it is not an emergency but you are struggling, and one for when home is not safe. Find yours there once, now, and copy it onto the line below. A number you have written yourself is the one you will find under pressure.

#### HELP EARLY

The annex section “**If it’s not an emergency, but you’re struggling**” is where this route starts. Add the clinic, prescriber, primary-care service or other professional route already involved in your care, if you have one.

#### MY ROUTE FOR HELP EARLY

**URGENT PROFESSIONAL HELP**

The annex section “**Crisis lines by country**” covers this level. This workbook does not decide whether your situation is urgent — it only makes the route easy to reach.

**MY ROUTE FOR URGENT HELP****IMMEDIATE DANGER**

If you may be in immediate danger, contact your local emergency services now. For crisis resources in your country, visit [bipolarclarity.com/gethelp](https://bipolarclarity.com/gethelp), or see the country-by-country crisis annex at the back of this workbook.

**MY EMERGENCY NUMBER, COPIED FROM THE ANNEX****ONE PERSONAL CONTACT — OPTIONAL**

Record one clinician, service or trusted person only if it would make the page more useful. Writing a contact does not notify them or make them responsible for treatment or safety.

**NAME OR SERVICE****CONTACT ROUTE****WHAT I MAY ASK FOR****FINDABILITY CHECK**

Close the page and find it again. Mark one:

- I can find it quickly.
- I want to move or save it somewhere easier.
- Not known yet.
- Prefer not to answer.

☐ quickly☐ move it☐ not known yet☐ prefer not to answer

## Part B — My Starting Point

### MY REASON OR GOAL

Write one thing you want to understand, organize or communicate better. Avoid writing a guaranteed outcome such as “never have another episode.”

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### HOW I MAY USE THE PROGRAM

Choose one starting preference. You can change it later.

☐ video first
 ☐ audio or screen off
 ☐ workbook summary first
 ☐ short sections

☐ not known yet

### MY REALISTIC CUE

Choose a time or recurring context that genuinely exists. The length of a chapter is not a clinical dose or a test of commitment.

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### MY LOW-ENERGY BACKUP

Choose the smallest useful version: one question, five minutes of audio, key ideas only, or your own equivalent.

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### MY CONFIDENCE SNAPSHOT

- Not confident yet.
- A little confident.
- Fairly confident.
- Very confident.
- Prefer not to answer.

☐ not confident yet
 ☐ a little
 ☐ fairly
 ☐ very

☐ prefer not to answer

## Low-energy route

1. Find your country in the crisis annex at the back and copy the emergency number onto the line in §3.
2. Save [bipolarclarity.com/gethelp](https://bipolarclarity.com/gethelp), which holds the same list and stays current.
3. Add one known service or contact only if it helps.
4. Stop. You do not need to complete anything else today.

## Worked fictional example

Jordan has already copied the national lines from the annex onto the page. Jordan adds a clinic portal under help early and a friend under personal contact, with one specific request: “Help me find this page and sit with me while I make a call.” The findability check is “I can find it quickly.”

Jordan's Starting Point says: “I want to describe changes clearly at appointments.” The preferred use is video first, the cue is Sunday after lunch, the low-energy backup is one question in two minutes, and confidence is “a little confident.”

This is fictional and demonstrates the fields; it is not a recommended answer.

## How this page stands

Choose exactly one: **Ready to use**, **Waiting for information**, or **Keeping this private**.

Mark **Ready to use** only when **at least one route you can actually reach is saved and you have answered the findability check** — neither depends on anybody else. Your Safety Plan is never held up by a missing detail: the general routes above are enough to start. A Safety Plan waiting for one clinic number is a page in use, not an unfinished one.

☐

Ready to use

☐

Waiting for information

☐

Keeping this private

## Before you close this page

Optional and private. Never submitted, uploaded, collected or monitored.

### ONE THING THAT BECAME CLEARER

### ONE QUESTION I MAY WANT TO KEEP

## ROUTE USED

☐

core

☐

low energy

☐

pause

☐

prefer not to answer

## Where this page goes

Keep the Safety Plan at the front of the Plan while it remains the current version. The crisis-response module creates a fuller Crisis-Response Draft (lesson 20). It replaces this provisional page only after the relevant professional and local fields are reviewed.

Keep the Starting Point goal, use preference, cue and low-energy backup. The identity-and-recovery modules revisit the goal in the context of functioning, identity and recovery.

## Privacy and safety

- Your workbook answers are not submitted, uploaded, collected, or monitored by Bipolar Clarity.
- A support person receives only what you choose to share and does not become responsible for treatment or safety.
- The Program will never tell you to start, stop, taper, restart, select, or change a medication.
- Do not include method details for self-harm or suicide.
- Do not use this page to assess danger. Urgent or immediate help supersedes completion.

## Help where you live

Crisis numbers for your country are at the end of this chapter.

## Words used in this chapter

Only the ones this chapter actually uses. The full glossary is in the complete workbook.

**Answers you can always use** (*the Program's escapes*) — the five answers that are always available on any page: **Not known yet**, **Prefer not to answer**, **Nothing to record here**, **Private — not recorded here**, **I prefer to bring this to a professional conversation**. They are real answers, not blanks. A page filled with three lines that are true is worth more than a page filled in to look complete.

**Core route** — the full version of a chapter. It is the one to use on an ordinary day.

**How this page stands** — the line at the end of a chapter where you say where the page has got to. There are three: **Ready to use** (there is something written that does not depend on anybody else), **Waiting for information** (the next useful step needs a record, a date or a phone number you do not have yet, so the page is pending rather than suspended) and **Keeping this private** (you decided not to write it down, and that is a finished decision, not a gap).

**Low-energy route** — the short version of the same chapter. It exists because the shorter route, finished on a hard week, is worth more than a chapter skipped waiting for a good one. What it produces is not a lesser answer; it is a smaller one.

**Route** — a way of getting help, written down before you need it. The Program keeps three of them separate on purpose: help early, urgent professional help, and immediate danger. They are different destinations with different phone numbers, and mixing them is what makes a plan unusable at the moment it matters.

**Episode** — a recognizable period in which several things change together and stay changed, rather than a single bad day or a strong feeling. Every framework sets its own thresholds for duration and severity, and **a professional decides whether a period counts as one**. This workbook describes periods; it never classifies them.

**Functioning** (lesson 23) — what you are able to do in daily life: work, study, care, relationships, admin. The Program treats functioning as something to describe and rebuild in one place at a time, never as a score of your worth as a person.

**Taper** — reducing a medicine gradually, on a schedule set by the person who prescribes it. It appears in this workbook only so you can recognize the word. **The Program will never tell you to start, stop, taper, restart, select, or change a medication.**

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## If this chapter was worth the time

You have just finished one of twenty-four. The rest are written the same way, they are free in the same way, and they build one thing: a plan you can hand to somebody on a bad day.

The complete workbook has all twenty-four chapters in one book, plus the map of how they fit together and the full glossary. [bipolarclarity.com/workbook](http://bipolarclarity.com/workbook)

No email address, no account, no paid version. If you would rather take it one chapter at a time, that works too — each lesson has its own.

## How this stays free

You did not pay for this workbook, and nobody asked you for an email address to get it. There is no paid version and no premium tier. That is deliberate. I paid for my own psychoeducation, and the whole reason Bipolar Clarity exists is that your postcode and your salary should not decide whether you ever get taught your own illness.

It does mean the project runs on one thing: whether people find it.

If this was useful, three things help. All three are free.

**Subscribe to the channel.** For a small channel, subscribers and watch time are what decide whether YouTube shows a lesson to the next person searching at two in the morning. That person will not find this workbook first. They will find a video, or they will find nothing.

**Give it to one person you have actually thought about.** Someone with the diagnosis, someone who loves somebody who has it, someone who was handed a leaflet and nothing else. This travels the way a good doctor's name travels, one person telling one other person, and that beats a post everybody scrolls past.

**Tell a professional that it exists.** A clinic, a peer group, an association, the psychiatrist you see in three weeks. They can give away something free, in fifteen languages, that nobody has to sign up for. Most of them have nothing like it to hand out.

One thing I am not asking for: your answers. The pages you filled in are yours. Recommending the workbook and telling people about your own health are two different decisions, and you only have to make the first one.

Everything is at [bipolarclarity.com/support](https://bipolarclarity.com/support).

Thank you for getting this far. It is not a small thing to work through twenty-four chapters about your own illness.

— René, Bipolar Clarity



# Your plan already exists. Who else knows how to use it?

You're using this workbook to understand what happens to you, to see an episode coming, and to have a plan before you need it. But you don't live inside that plan alone. The people who love you notice things: that you're sleeping less, talking faster, going quiet. Almost nobody has shown them what to do with it. So they watch, they argue, or they say nothing.



In November 2026 we're launching **the Bipolar Support Roadmap**: the program for your family, your partner and your friends.

## What can change at home

| TODAY, OFTEN                                                                      | WITH THE ROADMAP                                                                                                       |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| "Have you taken your meds?", three times a day.                                   | They help with treatment <b>without taking over</b> , and agree with you how.                                          |
| One sleepless night and everyone's on alert... or nobody notices until it's late. | They can tell a <b>warning sign</b> from a bad day, and know what to do first.                                         |
| In a crisis, everyone improvises.                                                 | They've made a <b>crisis plan before it's needed</b> , one that can sit next to the routes you write in this workbook. |
| An argument that escalates.                                                       | They know <b>when to pause</b> a conversation, and how to come back to it.                                             |

### Built to sit next to this program

Warning signs, a plan made before a crisis, asking before stepping in: the Roadmap covers the same ground as your workbook, from their side of the table.

### You decide

Passing on the next page is optional: to whom, when, and whether. It contains nothing you've written. And the Roadmap doesn't ask them to watch you. It teaches them to ask before stepping in, and to take "no" for an answer.

*For fourteen months I sat in a room that taught me my own illness. The people I live with never had a room like that. This is the one I'd have wanted for them.*

— René

*Do I have to tell them what I write here?*  
No. The Roadmap doesn't need it.

*Does it cost anything?*  
No. It's free, like this program. No paid version, no account.

→ **Tear off the next page, or forward it. It's for them.**



## BIPOLAR SUPPORT ROADMAP · FOR FAMILY, PARTNERS AND FRIENDS

## For you, supporting someone with bipolar disorder

Someone who cares about you is following a program to look after their stability, and they thought of you. You notice things. Nobody taught you what to do with them. That's what the Bipolar Support Roadmap is for.

### WHAT YOU'LL LEARN

- **Understanding what you see**, without watching every move.
- **Helping without taking over**: with treatment, with sleep, with alcohol or cannabis.
- **Noticing when an episode may be starting**, and what to do first.
- **Talking during conflict**, and when to pause the argument.
- **A crisis plan made before you need it**, with two routes.
- **Limits, children and rebuilding trust**.
- **Looking after yourself**, so you can keep going.

#### *Does learning this actually help?*

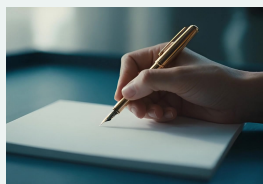
In a randomized trial in Barcelona, relatives of people with bipolar disorder attended twelve group sessions on their own; the patients didn't attend. Compared with families who received no extra sessions, fewer of those patients had a new episode during the study, mainly fewer manic and hypomanic episodes.<sup>1</sup> The Roadmap is not that trial. It is built on the same idea: what the people at home know matters.

<sup>1</sup> Reinares M, et al. *Bipolar Disorders* 2008;10(4): 511–519.

### THE 19 LESSONS

- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1 Someone You Love Was Diagnosed With Bipolar—What Now?</p> <p>2 Helping Someone With Bipolar: What's Actually Your Role?</p> <p>3 Understanding Bipolar Behavior: What Can You Really Know?</p> <p>4 Did You Cause Their Bipolar Episode?</p> <p>5 How to Help With Bipolar Treatment—Without Taking Over</p> <p>6 Bipolar and Sleep: How to Help Without Taking Over</p> <p>7 Bipolar Warning Sign or Just a Bad Day?</p> <p>8 Bipolar, Alcohol and Cannabis: How Can You Help?</p> <p>9 Early Signs of Mania and Hypomania Loved Ones May Notice</p> | <p>10 Bipolar Depression and Mixed States: What to Notice</p> <p>11 A Bipolar Episode May Be Starting—What Should You Do?</p> <p>12 How to Talk to Someone With Bipolar During Conflict</p> <p>13 How to Respond to Mania Without Adding to the Conflict</p> <p>14 How to Help Someone With Bipolar Depression</p> <p>15 Make a Bipolar Crisis Plan Before You Need It</p> <p>16 Bipolar, Boundaries and Children: Where to Draw the Line</p> <p>17 When Bipolar Strains the Family: Where Do You Start?</p> <p>18 How to Rebuild Trust After a Bipolar Episode</p> <p>19 Support Someone With Bipolar Without Losing Yourself</p> |
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**HOW IT WORKS** One short video and one worksheet per lesson · a two-minute route for the weeks when that's all you have · built *with* the person you support, not around them · free, no account · not therapy and not a crisis service.



**Out in November 2026. Sign up and we'll tell you on day one.**

*I'm passing this on because...*



[bipolarclarity.com/family](https://bipolarclarity.com/family)

If you're worried about their safety right now: [bipolarclarity.com/gethelp](https://bipolarclarity.com/gethelp). The crisis lines for every country are also on the last pages of this document.

## If you're in immediate danger

Call your local emergency number right now (for example, 911 in the US, 999 in the UK, 112 across the EU).

## Crisis lines by country

| COUNTRY OR REGION | LINE                                                                                                                                   |
|-------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| Algeria           | no national crisis line we could verify — in an emergency call 14 (ambulance) or 17 (police); to find a line, see findahelpline.com.   |
| Argentina         | call 135 (Buenos Aires) or 0800 345 1435 — Centro de Asistencia al Suicida.                                                            |
| Australia         | call 13 11 14 — Lifeline (24/7).                                                                                                       |
| Bahrain           | no national crisis line we could verify — in an emergency call 999; to find a line, see findahelpline.com.                             |
| Belgium           | call 1813 — Zelfmoordlijn 1813 (24/7).                                                                                                 |
| Brazil            | call 188 — CVV, Centro de Valorização da Vida (24/7).                                                                                  |
| Chile             | call *4141 (24/7).                                                                                                                     |
| China (mainland)  | call 12356 — 全国心理援助热线, National Psychological Assistance Hotline (daily, hours vary by province, at least 18h/day).                    |
| Denmark           | call 70 201 201 — Livslinien.                                                                                                          |
| Egypt             | call 0800 888 0700 — Ministry of Health and Population mental health hotline (24/7).                                                   |
| Finland           | call 09 2525 0111 — MIELI (24/7) · English 09 2525 0116.                                                                               |
| France            | call 3114 — Numéro national de prévention du suicide (24/7).                                                                           |
| Germany           | call 0800 111 0 111 — Telefonseelsorge (24/7). Austria 142 · Switzerland 143.                                                          |
| Hong Kong         | call 2896 0000 — The Samaritan Befrienders Hong Kong (24/7, Cantonese); multilingual 2389 2222 — The Samaritans (24/7).                |
| India             | call 14416 or 1800-89-14416 — Tele-MANAS (24/7, 20 languages).                                                                         |
| Iraq              | no national crisis line we could verify — in an emergency call 122 (ambulance) or 104 (police); to find a line, see findahelpline.com. |
| Israel            | call 1201 — ERAN, Emotional First Aid (24/7).                                                                                          |
| Italy             | call 02 2327 2327 — Telefono Amico Italia; emergencies 112.                                                                            |
| Japan             | call 0120-279-338 — よりそいホットライン (24/7).                                                                                                 |
| Jordan            | call 079 544 0416 — JCPA Suicide & Crisis Line (24/7); emergencies 911.                                                                |
| Kuwait            | no national crisis line we could verify — in an emergency call 112; to find a line, see findahelpline.com.                             |
| Lebanon           | call 1564 — Embrace Lifeline, National Lifeline (24/7, Arabic/English/French).                                                         |
| Mexico            | call 800 911 2000 — Línea de la Vida (24/7).                                                                                           |
| Morocco           | no national crisis line we could verify — in an emergency call 15 (ambulance) or 19 (police); to find a line, see findahelpline.com.   |

| COUNTRY OR REGION    | LINE                                                                                                                        |
|----------------------|-----------------------------------------------------------------------------------------------------------------------------|
| Netherlands          | call 0800-0113 – 113 Zelfmoordpreventie (24/7) • 113.                                                                       |
| New Zealand          | call or text 1737 (24/7) • Lifeline 0800 543 354.                                                                           |
| Norway               | call 116 123 – Mental Helse (24/7).                                                                                         |
| Oman                 | no national crisis line we could verify – in an emergency call 9999; to find a line, see findahelpline.com.                 |
| Poland               | call 116 123 – Telefon Zaufania dla Osób Dorosłych w Kryzysie Emocjonalnym – hours: see 116sos.pl.                          |
| Portugal             | call 808 24 24 24 – SNS 24.                                                                                                 |
| Qatar                | call 919 – AMAN Centre, Protection and Social Rehabilitation Centre (24/7).                                                 |
| Russia               | no national crisis line we could verify – in an emergency call 112; to find a line, see findahelpline.com.                  |
| Saudi Arabia         | call 920033360 – National Center for Mental Health Promotion, psychological support helpline (not 24/7; set daytime hours). |
| Singapore            | call 1771 – national mindline (24/7) • SOS 1767.                                                                            |
| South Africa         | call 0800 567 567 – SADAG.                                                                                                  |
| South Korea          | call 109 – 자살예방 상담전화 (24/7).                                                                                                |
| Spain                | call 024 – Línea de atención a la conducta suicida (24/7).                                                                  |
| Sweden               | call 90 101 – Självordslinjen (Mind).                                                                                       |
| Taiwan               | call 1925 – 安心專線, Anxin Hotline, Ministry of Health and Welfare (24/7).                                                     |
| Tunisia              | call 8010 3666 – Association Tunisienne de Prévention du Suicide (ATPS).                                                    |
| United Arab Emirates | call 800-HOPE (800 4673) – National Mental Support Line, MOHAP (8am–8pm daily).                                             |
| UK & Ireland         | call 116 123 – Samaritans (24/7); in the UK you can also text SHOUT to 85258.                                               |
| US & Canada          | call or text 988 – Suicide & Crisis Lifeline (24/7).                                                                        |
| Europe (any country) | call 112 for emergencies.                                                                                                   |

Numbers can change, and many countries aren't listed here. If yours is missing, find a verified local line in seconds at [findahelpline.com](https://findahelpline.com).

## If you're not safe at home

The lines below are for violence or abuse at home – from a partner, a family member, anyone you live with. An illness can explain a behaviour; it never excuses it. You don't have to have decided anything to call.

| COUNTRY OR REGION | LINE                                                                       |
|-------------------|----------------------------------------------------------------------------|
| Algeria           | call 0560 100 105 – Réseau Wassila-AVIFE (Sunday–Thursday, daytime hours). |
| Argentina         | call 144 – Línea 144 (24/7).                                               |

| COUNTRY OR REGION | LINE                                                                                                                                              |
|-------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| Australia         | call 1800 737 732 – 1800RESPECT (24/7); or text 0458 737 732.                                                                                     |
| Bahrain           | call 80001488 – Aisha Yateem Family Counseling Centre (hours not confirmed).                                                                      |
| Belgium           | call 1712 – Hulplijn 1712 (Dutch, weekdays) · call 0800 30 030 – Écoute Violences Conjugales (French).                                            |
| Brazil            | call 180 – Ligue 180, Central de Atendimento à Mulher (24/7).                                                                                     |
| Chile             | call 1455 – Fono Orientación, SernamEG (24/7).                                                                                                    |
| China (mainland)  | call 12338 (dial with your local area code) – All-China Women's Federation Rights Protection Hotline (24/7).                                      |
| Denmark           | call 1888 – Lev Uden Vold (24/7).                                                                                                                 |
| Egypt             | call 15115 – National Council for Women, Complaints Office (24/7).                                                                                |
| Finland           | call 116 016 – Nollalinja (24/7); the old number 080 005 005 still works.                                                                         |
| France            | call 3919 – Violences Femmes Info (24/7); the call doesn't show on your phone bill.                                                               |
| Germany           | call 116 016 – Hilfetelefon Gewalt gegen Frauen (24/7). Austria 0800 222 555 · Switzerland 142.                                                   |
| Hong Kong         | call 2522 0434 – Harmony House 24-hour Woman Hotline (24/7).                                                                                      |
| India             | call 181 – Women Helpline (24/7).                                                                                                                 |
| Iraq              | no national domestic-violence line we could verify – in an emergency call 122 (ambulance) or 104 (police); to find a line, see findahelpline.com. |
| Israel            | call 118 – national domestic violence hotline (24/7, Hebrew, Arabic, English, Russian, Amharic).                                                  |
| Italy             | call 1522 – numero antiviolenza e stalking (24/7).                                                                                                |
| Japan             | call 0120-279-889 – DV相談+ (24/7).                                                                                                                 |
| Jordan            | call 110 – National Family Protection Hotline, Family Protection Department (24/7).                                                               |
| Kuwait            | no national domestic-violence line we could verify – in an emergency call 112; to find a line, see findahelpline.com.                             |
| Lebanon           | call 03-018019 – KAFA Helpline (24/7, Arabic/English).                                                                                            |
| Mexico            | call 079, option 1 – Línea de las Mujeres (24/7).                                                                                                 |
| Morocco           | call 8350 – Union Nationale des Femmes Marocaines (UNFM), "Koulounamaak" green line (Arabic/French; hours not confirmed).                         |
| Netherlands       | call 0800-2000 – Veilig Thuis (24/7).                                                                                                             |
| New Zealand       | call 0800 456 450 – Are You OK (24/7) · Women's Refuge 0800 733 843.                                                                              |
| Norway            | call 116 006 – VO-linjen (24/7).                                                                                                                  |
| Oman              | no national domestic-violence line we could verify – in an emergency call 9999; to find a line, see findahelpline.com.                            |
| Poland            | call 800 120 002 – Niebieska Linia, Blue Line (24/7); English Mondays 6–10pm, Russian Tuesdays 6–10pm.                                            |
| Portugal          | call 800 202 148 – Linha de Informação às Vítimas de Violência Doméstica (24/7); or text 3060.                                                    |
| Qatar             | call 919 – AMAN Centre, Protection and Social Rehabilitation Centre (24/7).                                                                       |

| COUNTRY OR REGION    | LINE                                                                                                                                                 |
|----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| Russia               | call 8-800-7000-600 — ANNA Center, National Center for the Prevention of Violence (9am–9pm).                                                         |
| Saudi Arabia         | call 1919 — Domestic Violence Reporting Center, Ministry of Human Resources and Social Development (24/7).                                           |
| Singapore            | call 1800-777-0000 — National Anti-Violence and Sexual Harassment Helpline (24/7).                                                                   |
| South Africa         | call 0800 428 428 — GBV Command Centre (24/7).                                                                                                       |
| South Korea          | call 1366 — 여성긴급전화 1366 (24/7).                                                                                                                      |
| Spain                | call 016 (24/7) — the call doesn't show on your phone bill • WhatsApp 600 000 016.                                                                   |
| Sweden               | call 116 016 — Kvinnofridslinjen (24/7); the old number 020-50 50 50 still works.                                                                    |
| Taiwan               | call 113 — Protection Hotline 113, for domestic violence, sexual assault and abuse (24/7, multilingual).                                             |
| Tunisia              | call 1899 — Ligne Verte 1899, National Observatory to Combat Violence Against Women (24/7, Arabic/French).                                           |
| United Arab Emirates | call 800111 — Dubai Foundation for Women and Children (DFWAC) (24/7).                                                                                |
| UK & Ireland         | UK 0808 2000 247 — National Domestic Abuse Helpline (24/7) • Ireland 1800 341 900 — Women's Aid (24/7).                                              |
| US & Canada          | US, call 1-800-799-7233 — National Domestic Violence Hotline (24/7), or text START to 88788. In Canada, find your nearest shelter at sheltersafe.ca. |
| Europe (any country) | call 112 for emergencies.                                                                                                                            |

Numbers can change, and many countries aren't listed here. If yours is missing, the NO MORE Global Directory lists services in more than 190 countries. If you're in immediate danger, call your local emergency number first.

## Anywhere in the world

Find a free helpline in your country here: [findahelpline.com](https://findahelpline.com) or [befrienders.org](https://befrienders.org). You can also tell someone you trust what you're feeling, and ask them to stay with you.

## If it's not an emergency, but you're struggling

Call your clinician or care team, or book the soonest appointment you can. If you have a crisis plan or a safety contact, now is the moment to use it. Getting through the next hour is enough — you don't have to solve everything today.

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Bipolar Clarity is educational content and cannot provide emergency help or personal medical advice. Please use the resources above for urgent support.