



What is helpline number?

A helpline number is a service that provides anonymous psychological assistance over the phone



Where is it located?

This service is available in every city in Russia and the helpline specialists work in special buildings.



How can someone get involved?

If you want to join the helpline as a volunteer, then you can contact me at this phone number. 8 (495) 606-71-02.

Who does it help?

Anyone who is faced with psychological problems, stress, or emotional tension can use a helpline.

If you want to get help, then call the number 8-800-2000-122

Телефон доверия

