

Where to find help?

Below is a list of nation-wide services where one can seek help.

Loneliness:

- Ventilen: Ventilen has 14 meeting places in Denmark and is for youth between 15 and 25 years of age who need help to get out of loneliness. Everyone at the meeting places is familiar with being quiet, shy, and lacking close friends.
- GETtogether (KOMsammen): An offer under Ventilen where there is focus both on loneliness and a healthy lifestyle. Youth between 15 and 30 years of age meet up and do physical activities and eat together.

Alcohol use:

- TUBA: If one or both parents use alcohol and/or drugs.
- Hope Youth (Hope Ung): If one or both parents drink.
- Hope Line (Hope Linjen): Counseling over the phone for both users and family.

Mental vulnerability:

- National Coalition Against Eating Disorders and Self-Harm (Landsforeningen mod spiseforstyrrelser og selvskade (LMS)): Here one can chat, call, or email about all types of self-harm and eating disorders, both as one who self-harms and a family member.
- Psychiatric Fund (Psykiatrifonden): Counseling over the phone for people in crisis and their family.
- Depression Line (DepressionsLinien): One can call the Depression Line if one has a depression or if one is a family member and wishes to speak with someone who will understand.

Illness and death:

- Children, Youth, & Grief (Børn, Unge & Sorg): Volunteer and professional counseling for children and young people who have lost their parents or siblings or live with seriously ill parents or siblings. One can receive help via chat, telephone, personal meetings, or grief support groups.
- The Danish Cancer Society (Kræftens Bekæmpelse): Here there are offers for cancer victims, family, and surviving relatives, no matter how old one is. They offer individual counseling, help online, or grief support groups.

Suicide:

- The Life Line (Livslinien): Telephone and internet counseling if one has suicidal thoughts.

Violence:

- Break the Silence (Bryd tavsheden): Anonymous counseling on violence in the family, whether it is between children and parents or between couples. The counseling takes place via chat, mail correspondence, or personal counseling.

Sexuality and gender:

- National Coalition for Lesbians, Gays, Bisexuals, and Transpeople (LGBT Ungdom): They offer counseling both over the phone, via chat, and via personal meetings.
- Sex Line (Sexlinien): Here you can get counseling on sex, sexuality, birth control, abortion, pregnancy, gender, the body, lust, puberty, and the first time, via telephone and email.

General for young people:

- Headspace: Headspace has counseling spaces in all of Denmark and is a place for young people with different problems like e.g. stress and anxiety. One can also call, email, or send texts to the volunteers.
- Youth on the Line (UngPåLinje): A conversational offer where you can both call and chat with volunteers.