



CONTACTING THE MENTALLY FIT HELPLINE

Access is easy! No matter where you are, there is dedicated and confidential support available to you 24 hours a day.

When you connect, the professional counsellor will ask for your Paris 2024 **accreditation number*** to confirm your eligibility for the Mentally Fit Helpline services.

**If you are an athlete accredited at the Olympic Games Paris 2024 your accreditation number will be transferred by the IOC to Workplace Options (“WPO”) (the independent company operating the Mentally Fit Helpline) in accordance with the Information notice on the processing of personal data of participants and other accredited persons for the Olympic Games Paris 2024;*

**If you are an athlete accredited at the Paralympic Games your accreditation number will be transferred by the IPC to WPO.*

This information will be used by WPO only for this purpose and it will not be kept for longer than necessary for the permitted purpose.

For troubleshooting or if you have issues connecting please use [this link](#).

WHATSAPP

Use WhatsApp for a call back request or any questions about the services on +1-9849206875. Just send a message and someone from the Helpline will get in touch.

WeChat



PHONE

During the Paris 2024 Games please call 0800909353 or +33-973053689 for services in English, French, Spanish, Mandarin and Arabic.

If you have left France, or your language is not listed above, you can find the phone number for your country listed below. Please note: if you are still in France, before calling, be sure to check if your network provider has any additional roaming call charges.

Country	Toll free number	Direct Dial
Afghanistan	0	+1-9193410250
Albania	0	+1-9193410265
Algeria	0	+1-9193410267
American Samoa	0	+1-9193410259
Andorra	0	+1-9193410260
Angola	0	+244-226434522
Antigua and Barbuda	0	+1-9193410683
Argentina	08006663495	+54-1152198862
Armenia	0	+1-9842982761
Aruba	18336439542	+1-9842048622
Australia	1800730931	+61-280466416
Austria	0800291381	+43-720902399
Azerbaijan	0	+1-9193410269
Bahamas	18003890475	+1-9842982718
Bahrain	80080452	+1-9846649724
Bangladesh	0	+1-9198663055
Barbados	18449466863	+1-2466239894
Belarus	882000110955	+1-9848105358
Belgium	080081905	+32-27006351
Belize	0	+1-9193410264
Benin	0	+1-9198663056
Bermuda	18552610433	+1-9842982719
Bhutan	0	+1-9842226973
Bolivia	800100145	+1-9198663057
Bosnia and Herzegovina	0	+1-9193410270
Botswana	02698003002110	0+1-9842982762
Brazil	08005918055	+55-1135007922
Brunei Darussalam	0	+1-9842982763
Bulgaria	080046024	+359-24901164
Burkina Faso	0	+1-9198663058
Burundi	0	+1-9198663344
Cambodia	0	+1-9198663059
Cameroon	0	+1-9198663060
Canada	8778474525	+1-4169562979
Cape Verde	0	+1-9198663340
Cayman Islands	18335121563	+1-3457498385
Central African Republic	0	+1-9198663061
Chad	0	+1-9198663062
Chile	800914352	+56-442056602
China	4009203300	+86-2165773898
Colombia	018005185158	+57-6063111547
Comoros	0	+1-9198663347
Congo	0	+1-9842982765
Congo, The Democratic Republic of the	0	+1-9193410272
Cook Islands	0	Yet to assign

Costa Rica	08000320044	+506-46009193
Cote D'Ivoire	0	+1-9193410273
Croatia	0800777921	+1-9842982732
Cuba	0	+1-9842226975
Cyprus	0	+357-23030219
Czech Republic	800701384	+420-239018289
Denmark	80609317	+45-43310402
Djibouti	0	+1-9193410736
Dominica	18336439540	+1-9842048624
Dominican Republic	18492001240	+1-9198663063
Ecuador	1800001353	+1-9198663064
Egypt	08000060492	+1-9198663065
El Salvador	0	+503-21367467
Equatorial Guinea	0	+1-9193410275
Eritrea	0	+1-9842226971
Estonia	8000100432	+372-8804676
Eswatini	0	+1-9842982767
Ethiopia	0	+1-9198663066
Fiji	0	+1-9198663067
Finland	080094483	+358-972522965
France	0805987990	+33-142918533
Gabon	0	+1-9193410278
Gambia	0	+1-9198663351
Georgia	0	+1-9193410280
Germany	08007237177	+49-8920194054
Ghana	307084846	+1-9198663068
Greece	8008481689	+30-2111982709
Grenada	0	+1-9842982771
Guam	18773014773	+1-9843285125
Guatemala	18003000119	+502-22786394
Guinea	0	+1-9198663070
Guinea-Bissau	0	+1-9198663071
Guyana	0	+1-9193410282
Haiti	0	+1-9198663072
Honduras	80027919470	+504-22357539
Hong Kong	800969232	+852-30024445
Hungary	0680088166	+36-19996726
Iceland	8009698	+1-9842982735
India	0008000503110	+91-8066080031
Indonesia	0018030152055586	+62-2150918368
Iran, Islamic Republic of	0	+1-9198663345
Iraq	0	+1-9193410262
Ireland	1800490390	+353-12612700
Israel	1809494224	+972-37208062
Italy	800727463	+39-0287103897
Jamaica	8776900777	+1-8766279021
Japan	08002221990	+81-368662815
Jordan	080023812	+962-64296409
Kazakhstan	88003332647	+1-9849206851
Kenya	0800723120	+1-9193410255
Kiribati	0	+1-9198663352
Kosovo	0	+1-9842982768
Kuwait	0	+965-22063896
Kyrgyzstan	0	+1-9193410283
Lao people's democratic republic	0	+1-9193410737
Latvia	80002719	+1-9849206846

Lebanon	01426801 and then dial 8333180670	+1-9193410253
Lesotho	0	+1-9842982769
Liberia	0	+1-9842982770
Libyan Arab Jamahiriya	0	+1-9842982726
Liechtenstein	0800110350	+1-9848105333
Luxembourg	80080925	+352-20331049
Macedonia (North Macedonia)	0	+1-9842226954
Madagascar	0	+1-9842982772
Malawi	0	+1-9842982773
Malaysia	1800813770	+60-377240442
Maldives	0	+1-9193410724
Mali	0	+1-9198663074
Malta	0	+1-9193410286
Marshall Islands	0	+1-9198663346
Mauritania	0	+1-9193410287
Mauritius	8020490077	+1-9849206833
Mexico	8006811529	+52-5585264935
Micronesia, Federated States of	0	+1-9198663352
Moldova, Republic of	0	+1-9842226972
Monaco	0	+1-9842226950
Mongolia	0	+1-9842226951
Montenegro	0	+1-9193410719
Morocco	0	+212-530203015
Mozambique	0	+1-9198663075
Myanmar	0	+1-9842226952
Namibia	0	+1-9842982774
Nauru	0	+1-9198663352
Nepal	0	+1-9842226953
Netherlands	08000222285	+31-207038360
New Zealand	0800452908	+64-48303479
Nicaragua	18002260427	+1-9842982760
Niger	0	+1-9198663073
Nigeria	07080601517	+1-9849206870
Norway	80017022	+47-24055493
Oman	80075554	+1-9842226912
Pakistan	0080090044319	+1-9842982746
Palau	0	+1-9193410735
Palestinian Territory, Occupied	0	+1-9193410251
Panama	8002602	+1-9842226949
Papua New Guinea	0	+1-9193410230
Paraguay	0098004410118	+1-9842048602
Peru	080077028	+51-17071595
Philippines	180018880713 and 180089180105	+63-283953455
Poland	008001410101	+48-222922700
Portugal	800180026	+351-214542163
Puerto Rico	18778474530	+1-9198735645
Qatar	00800101750	+1-9842226906
Romania	0800360218	+40-316300237
Russian Federation	88001009480	+7-4999516690
Rwanda	0	+1-9193410232
Saint Kitts and Nevis	18336438732	+1-9842048609
Saint Lucia	18336435294	+1-9842048610
Saint Vincent and the Grenadines	18336439544	+1-9842048625
Samoa	0	+1-9198663355
San Marino	0	Yet to assign

Saudi Arabia	8008500235	+1-9842226455
Senegal	0	+1-9198663076
Serbia	0800191017	+381-114251038
Seychelles	0	+1-9198663343
Sierra Leone	0	+1-9193410697
Singapore	8008528674	+65-31583353
Slovakia	0800042406	+421-268622480
Slovenia	080488824	+1-9193410237
Solomon Islands	0	+1-9198663354
Somalia	0	+1-9193410700
South Africa	0800991252	+27-875502320
South Korea	0808800489	+82-7047320469
South Sudan	0	+1-9198663341
Spain	900838416	+34-918368897
Sri Lanka	0	+1-9193410257
Sudan	0	+1-9198663077
Suriname	0	+1-9193410678
Sweden	020980730	+46-775757455
Switzerland	0800802481	+41-445112462
Syrian Arab Republic	0	+1-9198663338
Taiwan	00801491519	+886-277032446
Tajikistan	0	+1-9198663349
Tanzania, United Republic of	0800120046	+1-9848105321
Thailand	1800018145	+66-21056145
Timor-Leste	0	+1-9198663079
Togo	0	+1-9198663080
Tonga	0	+1-9198663356
Trinidad and Tobago	18002030076	+1-9842226961
Tunisia	0	+1-9842226962
Turkey (Turkiye)	08006212205	+90-8503902141
Turkmenistan	0	+1-9842226963
Uganda	0	+1-9193410679
Ukraine	0800501027	+380-893240489
United Arab Emirates	800035704696	+971-600575178
United Kingdom	0800243458	+44-2089876230
United States	18888517032	+1-9197064551
Uruguay	0004162045729	+1-9842048558
Uzbekistan	0	+1-9842226964
Vanuatu	0	+1-9842226976
Venezuela	08006002345	+1-9842226946
Vietnam	1800400028	+84-2844582345
Virgin Islands (British)	0	+1-9842226974
Virgin Islands (U.S.)	18883893479	+1-9846649710
Yemen	0	+1-9193410710
Zambia	0	+1-9193410680
Zimbabwe	0	+1-9193410716