EMBRACE LIFELINE
LEBANON’S NATIONAL EMOTIONAL SUPPORT AND SUICIDE PREVENTION HELPLINE
in collaboration with the national mental health program at the ministry of public health
INTRODUCTION

Embrace Lifeline is the national helpline in Lebanon for emotional support and suicide prevention. Aggregate data related to the Lifeline is captured, analyzed and disseminated on a monthly basis and annually for a yearly snapshot. The data is meant to offer a snapshot of the characteristics of callers to the helpline.

METHODOLOGY

Embrace Lifeline’s trained operators capture anonymous data through a secure computerized system. The non-identifiable data is then analyzed and reported on a monthly basis.

The numbers in this report are meant to offer a snapshot of the population that the Embrace Lifeline serves. Please note that while that this information is recorded as accurately as possible, not all information may always be available. Unless otherwise indicated, the frequencies and percentages reported in this document represents the percentage of observations in a given category out of the total non-missing information. The metrics in this document can be considered representative of calls received during the reported time-period.

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www.embracelebanon.org
I. AGE OF CALLER (n=938)

- Mean Age: 30.88

II. SEX OF CALLERS

- Male: 54%
- Female: 42%
- Intersex: 1%
- Missing: 3%
III. SEXUAL ORIENTATION OF CALLERS

18% of calls received by the Embrace Lifeline come from self-identifying LGBTQI+ individuals.

IV. NATIONALITY OF CALLERS

V. COUNTRY OF CALLERS

- Lebanon: 67%
- Not Reported: 9%
- Syria: 2%
- Palestine: 2%
- Egypt: 3%
- Other: 9%
VI. REGION OF RESIDENCE AMONG CALLERS FROM LEBANON

- Beirut: 39%
- Mount Lebanon: 32%
- Not Reported: 10%
- South: 9%
- North: 8%
- Bekaa: 2%

VII. MARITAL STATUS OF CALLERS

- Single: 46%
- Not Reported: 26%
- Married: 13%
- In a Relationship: 6%
- Divorced: 6%
- Separated: 3%
- Widowed: 1%
VIII. CALLER LIVING WITH

- Nuclear Family: 60%
- Not Reported: 16%
- Alone: 14%
- Partner: 4%
- Extended Family: 3%
- Roomate: 3%

*Percentages may not add up to 100% because each caller may endorse more than one living status.

IX. HIGHEST LEVEL OF EDUCATION OF CALLERS

- Not Reported: 28%
- High School (10th to 12th Grade): 22%
- Bachelor’s Degree (BS, BA, DEA): 20%
- Primary/Elementary School (1st to 6th Grade): 9%
- Vocational/Technical Degree: 9%
- Middle School (7th to 9th Grade): 7%
- Master’s Degree Completed (MS, MA, DESS): 2%
- Did Not Complete Primary/Elementary School: 2%
- Doctoral/Medical Degree (PhD, MD): 1%
X. EMPLOYMENT OF CALLERS

*Percentages may not add up to 100% because each caller may have more than one status.

XI. CHANGE IN LEVEL OF DISTRESS FROM BEGINNING TO END OF CALL

94% of calls with available data for this indicator (n=382) reported are from individuals who reported a decrease in the level of distress from the beginning of the call to the end. 6% of calls were from individuals whose level of distress did not change from the beginning to the end of the call.

XII. CALLERS CURRENTLY SEEKING MENTAL HEALTH SERVICES

68% of calls with available data for this indicator (n=677) are from individuals who reported currently receiving mental health services.
**XIII. TYPE OF CALL**

*This indicator is assessed by the operator based on their conversation with the caller. Percentages may not add up to 100% because the caller can express more than one type of concern (e.g., a caller could express both socioeconomic concerns and emotional distress).*

- Emotional Distress: 75%
- Suicide Ideation Present: 25%
- Frequent Caller: 11%
- Third Party Involved: 9%
- Not Reported: 8%
- Socioeconomic Concerns: 4%
- Concerns about COVID-19: 2%
- Third Party Bystander: 2%
- Looking for Referrals: 1%
- Related to Beirut Explosion: 1%

**XIV. SUICIDE ATTEMPT ONGOING**

2% of calls were from individuals who had a suicide attempt that was ongoing during the call.