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 National 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**

The National 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 National 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](http://www.embracelebanon.org)
I. AGE OF CALLER (n=895)

- Mean Age: 30

II. SEX OF CALLERS

- 55% Female
- 45% Male
III. HOW CALLERS HEARD ABOUT THE LIFELINE

In March of 2022, n = 275 callers informed us of how they first learned about the National Lifeline. The below chart summarizes their responses.

- 31% through Social Media
- 22% through Family/Friend
- 18% through Other
- 15% through Mental Health Professional
- 5% through Internet search
- 4% through NGO
- 1% through Emergency Services
- 1% through Other

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

*Other included referrals from medical professionals

IV. SEXUAL ORIENTATION OF CALLERS

8% of calls received by the Embrace Lifeline come from self-identifying LGBTQI+ individuals.
V. NATIONALITY OF CALLERS

- Lebanese: 75%
- Not Reported: 11%
- Syrian: 8%
- Armenian: 3%
- Others: 3%

VI. COUNTRY OF CALLERS

- Lebanon: 99.5%
- Not Reported: 0.5%
VII. REGION OF RESIDENCE AMONG CALLERS FROM LEBANON

- Mount Lebanon: 34%
- Beirut: 29%
- Not Reported: 16%
- North: 8%
- South: 4%
- Bekaa: 3%
- Nabatiyeh: 3%
- Akkar: 2%
- Baalbek: 1%

VIII. MARITAL STATUS OF CALLERS

- Single: 48%
- Not Reported: 25%
- Married: 12%
- In a Relationship: 6%
- Divorced: 5%
- Widowed: 2%
- Separated: 2%
IX. CALLER LIVING WITH

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

- Nuclear Family: 57%
- Not Reported: 28%
- Alone: 11%
- Partner: 2%
- Extended Family: 2%
- Homeless: 1%
- Others: 1%

X. HIGHEST LEVEL OF EDUCATION OF CALLERS

- Did Not Complete Primary/Elementary School: 1%
- Primary/Elementary School (1st to 6th Grade): 3%
- Not reported: 4%
- Middle School (7th to 9th Grade): 5%
- Master's Degree Completed (MS, MA, DESS): 6%
- Vocational/Technical Degree: 10%
- Bachelor's Degree (BS, BA, DEA): 18%
- High School (10th to 12th Grade): 26%
- Operator did not ask: 27%
XI. EMPLOYMENT OF CALLERS

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

<table>
<thead>
<tr>
<th>Employment Status</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not Reported</td>
<td>31%</td>
</tr>
<tr>
<td>Unemployed</td>
<td>26%</td>
</tr>
<tr>
<td>Employed Full Time</td>
<td>16%</td>
</tr>
<tr>
<td>Employed Part Time</td>
<td>15%</td>
</tr>
<tr>
<td>Freelancer</td>
<td>6%</td>
</tr>
<tr>
<td>Part Time Student</td>
<td>3%</td>
</tr>
<tr>
<td>Unable to Work</td>
<td>2%</td>
</tr>
<tr>
<td>Retired</td>
<td>1%</td>
</tr>
<tr>
<td>Homemaker</td>
<td>1%</td>
</tr>
</tbody>
</table>

XII. 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).
XIII. CHANGE IN LEVEL OF DISTRESS FROM BEGINNING TO END OF CALL

90% of calls with available data for this indicator (n=370) reported a decrease in the level of distress from the beginning of the call to the end of the call. 10% of calls were from individuals whose level of distress did not change from the beginning to the end of the call.

XIV. CALLERS CURRENTLY SEEKING MENTAL HEALTH SERVICES

55% of calls with available data for this indicator (n=775) are from individuals who reported currently receiving at least 1 mental health service.

XV. RISK FACTORS

- Peer History of Suicidal Behavior: 2%
- Child Abuse: 1%
- Domestic violence: 1%
- Family History of Suicidal Behavior: 3%
- Substance Abuse Problems: 3%
- Family History of Mental Health Issues: 2%
- Bullying: 3%
- Others: 5%
- Chronic Illness: 5%
- Academic Problems: 6%
- Living Alone: 6%
- Experienced Death During the Past Year: 2%
- Easy Access to Means: 11%
- Social Isolation: 10%
- Family Discord: 16%
- Break up/ Peer Relationship Problems: 19%
- Financial Problems: 18%
- Experienced Major Stressor within Lifetime: 21%
- Subjective Symptoms of Mental Distress: 26%
- Experiencing Continuous Stressor: 26%

*This indicator is assessed by the operator based on their conversation with the caller. Percentages may not add up to 100% because multiple risk factors can occur together (e.g., a caller could be both living alone and reporting experiences of bullying...)*