

Nyttig kontaktinformasjon i Nepal

Politi	100
Brann	101
Ambulanse	102

Child Helpline Nepal	1098
Suicide Prevention Hotline	+977 9813476123
UDs Operative Senter	+47 23950000

Den Norske Ambassaden i Katmandu

Telefonnr: +977-1-4235900

Nettside: [Norway in Nepal](#)

Epost: emb.kathmandu@mfa.no

Turistpoliti

Telefonnr: 1144

Nettside: [Tourist Police - cid.nepalpolice.gov.np](#)

Epost: policetourist@nepalpolice.gov.np

Himalayan Rescue Association

Telefonnr: 01-4540292 / 01-4540293

Nettside:

Epost: hra@himalayanrescue.org

Mental Health Helpline Nepal

Telefonnr: +977-1-5521333 / +977-1-5521612

Nettside: <https://mhl.gov.np/>

Epost: mentalhospitallagankhel@gmail.com

Røde Kors Katmandu

Telefonnr: +977 -1-5329410 / +977-1-5319131

Nettside: [Nepal Red Cross Society – Kathmandu District Chapter](#)

Epost: info@ktmredcross.org.np

Røde Kors Lalitpur

Telefonnr: +977 -1-5370650 / +977-1-5372761 / +977-1-5372761

Nettside: [Lalitpur District Chapter | Nepal Red Cross Society](#)

Epost: info@nracs.org



Norwegian Embassy
Kathmandu