

Thinking of suicide?

If you need to talk,
we're here to listen.



9-8-8

toll free, 24/7



9-8-8

**Suicide Crisis
Helpline**

If you're thinking about suicide, or worried about someone
you know, call or text 9-8-8 any time for support.
Whatever you're going through, you are not alone.
9-8-8 responders are here to help you find a way through.

9-8-8: Suicide Crisis Helpline is funded by the Government of Canada

You're not alone.



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Help when you need it.

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988.ca

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