

# 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

