

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

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Thinking of suicide?

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



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toll free, 24/7



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