

Resources that can Help

Crisis Services Waterloo Region 24/7	519.744.1813
Distress Lines for Supportive Listening	519.745.1166
CMHA WWD	KW 519.744.7645 Camb 519.740.7782
24/7 on-line Counselling	yourlifecounts.org

Peer Support and Support Groups

Self Help Alliance	KW 519.570.4595	Camb 519.623.6024
20 wk Group for individuals who have attempted suicide	519.740.7782	

Walk-in Counselling - No appointment necessary

KW Counselling 480 Charles St E Kit	Thurs. 12 noon - 6:00 pm
Family Counselling Centre of Cambridge & North Dumfries	
18 Walnut St Camb	Thurs. 1:00 pm - 7:30 pm
	(last appt. one hour before closing)

IF SOMEONE YOU KNOW

- Threatens suicide
- Talks about wanting to die
- Appears depressed, sad,
withdrawn...
- Deliberately injures
themselves
- Shows changes in mood,
behaviour, or appearance
- Abuses drugs and/or alcohol

YOU CAN HELP

- Stay calm and listen
- Let the person talk about their feelings
- Be accepting, do not judge
- Ask if they have suicidal thoughts
- Stay with the person until they are safe
- Take all threats of suicide seriously

Tell Someone
Do Not Swear To Secrecy
Call the Crisis Line **519.744.1813**