

Resources that can Help

Here 24/7 Waterloo Region Crisis Line	1.844.437.3247
CMHA WW	1.844.264.2993
ONTX Online Counselling (2pm-2am)	
.....	http://dcontario.org/ontx.html
ONTX Text crisis services (2pm-2am)	Text 741741

Peer Support and Support Groups

Self Help & Peer Support	KW 519.570.4595	Camb 519.623.6024
Skills for Safer Living 20wk suicide prevention group	1-844-264-2993 ext 4063	

Walk-in Counselling- No appointment necessary

KW Counselling 480 Charles St E Kit	Thurs. 12 noon - 6:00 pm
FCCCND 18 Walnut St Camb	Thurs. 1:00 pm - 7:00 pm

Crisis Respite

Kitchener call **519.576.7431**

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withdrawn...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 24/7 1.844.437.3247