

Resources you can access virtually:

Here 24/7	1-844-437-3247
Here4Help	www.here4help.ca
Crisis Services Canada	1-833-456-4566
Crisis Services Canada (4pm-12am EST)	Text "START" to 45645
Crisis Text Line	Text "WELLNESS" to 741741
ONTX online chat (2pm-2am EST)	dcontario.org/ontx.html

Visit wrspc.ca for more resources including crisis support and wellness resources during COVID-19, additional virtual and remote counselling services, grief and bereavement resources, and mental health promotion information.

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withdrawn...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