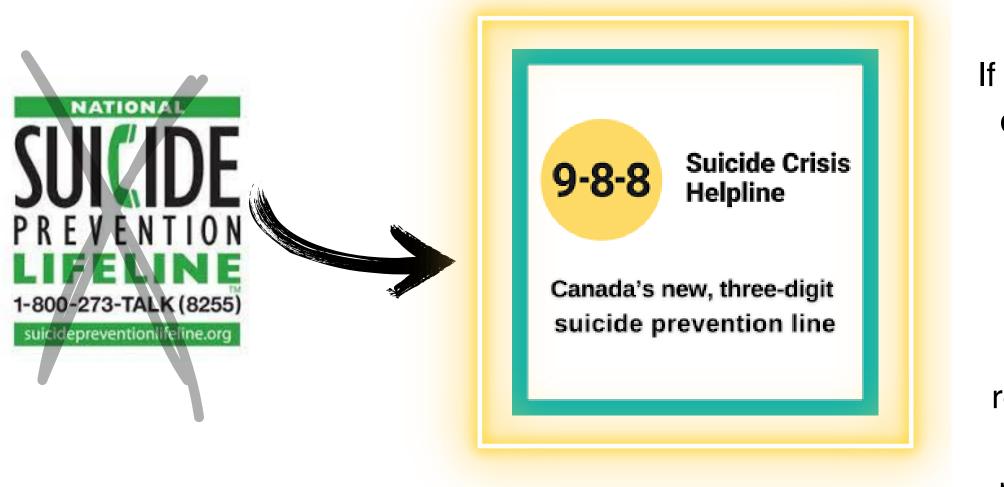


Canada launches 988 suicide prevention and mental health support line



If you are feeling like you have lost hope and are struggling to cope, if you are dealing with thoughts of suicide, or if you are worried about someone else, 9-8-8 is here for you. When you reach out, a trained responder will listen without judgement, provide support and understanding, and can tell you about resources that will help.

9-8-8 is here to provide moments of connection that create hope, support recovery and save lives. We help people connect to their strengths and find new ways to cope, live and thrive. Our vision is a Canada where suicide is prevented because everyone can access help when they need it the most.

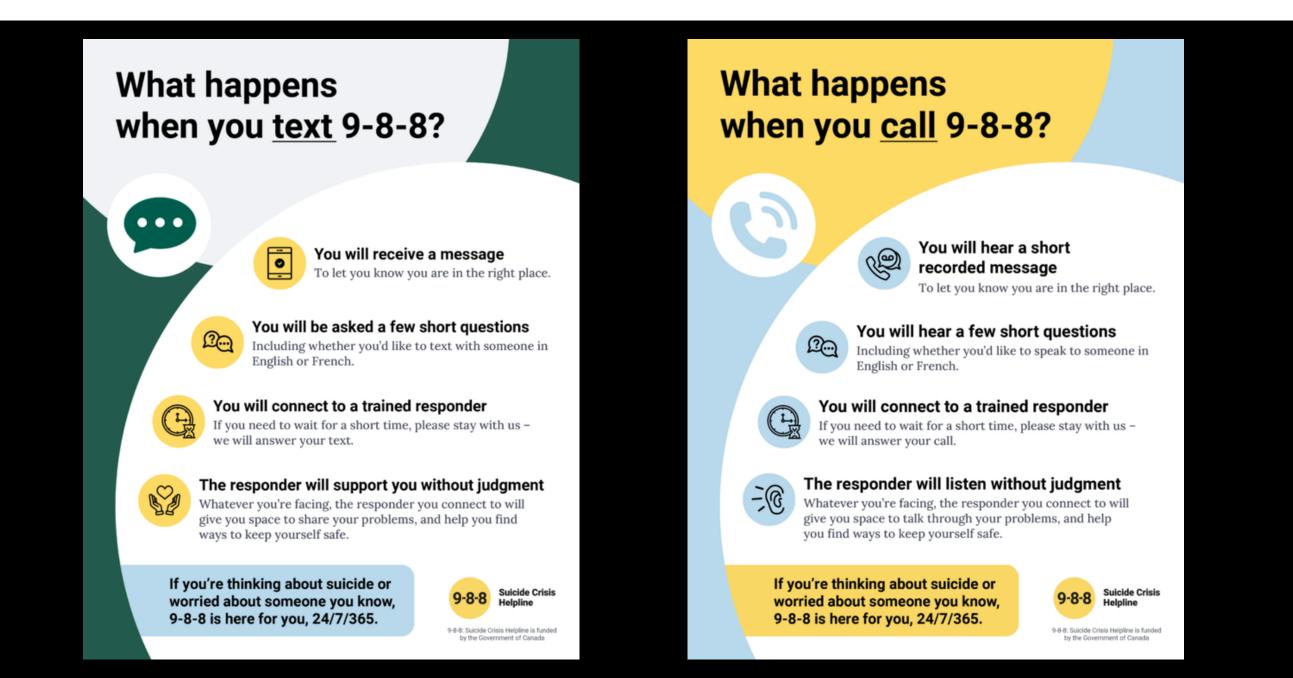
You deserve to be heard. We're here to listen.

A safe space to talk, 24 hours a day, every day of the year.

Text 9-8-8

SMS

Call 9-8-8



Help when you need it most!