

NEW

Canada launches 988 suicide prevention and mental health support line



Help when you need it most!

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.

Call 9-8-8



Text 9-8-8

SMS

What happens when you text 9-8-8?



You will receive a message
To let you know you are in the right place.



You will be asked a few short questions
Including whether you'd like to text with someone in English or French.



You will connect to a trained responder
If you need to wait for a short time, please stay with us - we will answer your text.



The responder will support you without judgment
Whatever you're facing, the responder you connect to will give you space to share your problems, and help you find ways to keep yourself safe.

If you're thinking about suicide or worried about someone you know, 9-8-8 is here for you, 24/7/365.

9-8-8 Suicide Crisis Helpline

9-8-8 Suicide Crisis Helpline is funded by the Government of Canada

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