

SEPTEMBER 10

# WORLD SUICIDE PREVENTION DAY

Today, we remind ourselves to look out for one another.



**Suicide is when someone tries to end his or her life on purpose. People think about suicide in an attempt to deal with some problem or stress. Most people who attempt or complete suicide don't necessarily want to die; rather, they want to escape their overwhelming emotional pain. Suicide is a permanent solution to a temporary problem. The good news is that there are always other options.**

**If you think you know someone who is suicidal, follow your instincts and reach out for help. Mental Wellness supports are available. These resources are available to support you.**

**Hope for Wellness Help Line and Chat**

Immediate support is available 24/7  
Toll-Free: 1-855-242-3310  
Online Chat: [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

**National Indian Residential School Crisis Line** Toll-Free: 1-866-925-4419

**Missing and Murdered Indigenous Women and Girls Support Line**

Toll-Free: 1-844-413-6649

**Non-Insured Health Benefits (NIHB) Mental Health Counselling**

Immediate support is available 24/7  
Toll-Free: 1-866-885-3933

**For Youth: Kids Help Phone supports youth 24/7 and through a partnership with We Matter**

Call: 1-800-668-6868  
Text: 686868 Online: [kidshelpphone.ca](http://kidshelpphone.ca)  
[wemattercampaign.org](http://wemattercampaign.org)

**Wellness Together Canada Provides immediate crisis/substance use support**

Adults: Text WELLNESS to 741741  
Front Line Workers: Text FRONTLINE to 41741 <https://ca.portal.gs/>

**Jordan's Principle NEW Saskatchewan**

Toll-Free Line: 1-833-752-4453  
(1-833-SK-CHILD)  
[www.canada.ca/jordans-principle](http://www.canada.ca/jordans-principle)



**IF YOU ARE EXPERIENCING A MENTAL HEALTH CRISIS, CALL 911 IMMEDIATELY.**