

# CANADIAN SUPPORTS FOR SUICIDE PREVENTION



Good Grief Guru

Grief, & suicide prevention

[www.GoodGriefGuru.com](http://www.GoodGriefGuru.com)

## CRISIS / HELP LINES

### **CANADA (ENGLISH)**

911 (Emergency services)

1-800-273-TALK (8255) English

### **CANADA (FRENCH)**

1-866-APPELLE (277-3553) French

### **CANADA FIRST NATIONS & INUIT**

1-855-242-3310 English, French, Inuktitut, Cree, Ojibway

### **BULLYING HOTLINE CANADA**

1-877-352-4497

### **KIDS HELP PHONE**

1-800-668-6868

### **“GOOD2TALK” POST SECONDARY CRISIS LINE**

1-866-925-5454

### **100 HUNTLEY STREET PRAYER LINE**

1-866-273-4444

### **THE TREVOR PROJECT (FOR LGBTQ YOUTH)**

1-800-268-9688

## ADDITIONAL SUPPORTS

- ASIST trained community member
- Mental Health First Aid trained community member
- Pastor / church committee
- A trusted friend
- Educational supports
- Social workers
- Mental Health Therapist

## WEBSITE RESOURCES

- Canadian Association for Suicide Prevention (CASP) [www.SuicidePrevention.ca](http://www.SuicidePrevention.ca)
- IMALive [www.imalive.com](http://www.imalive.com)
- Lifeline Crisis Chat [www.crisischat.org/chat](http://www.crisischat.org/chat)
- Befrienders Worldwide [www.befrienders.org/need\\_to\\_talk](http://www.befrienders.org/need_to_talk)
- To Write Love On Her Arms [www.TWLOHA.com](http://www.TWLOHA.com)
- Good Grief Guru [www.GoodGriefGuru.com](http://www.GoodGriefGuru.com)
- Hashtag Hope [www.HashtagHope.ca](http://www.HashtagHope.ca)
- Jack Project [www.Jack.org](http://www.Jack.org)
- The Trevor Project (for LGBTQ Youth) [www.TheTrevorProject.org](http://www.TheTrevorProject.org)
- Project Semicolon [www.ProjectSemicolon.org](http://www.ProjectSemicolon.org)
- Canadian Mental Health Association (across Canada) [www.CMHA.ca](http://www.CMHA.ca)
- Canadian Association for Addictions & Mental Health (across Canada) [www.CAMH.ca](http://www.CAMH.ca)