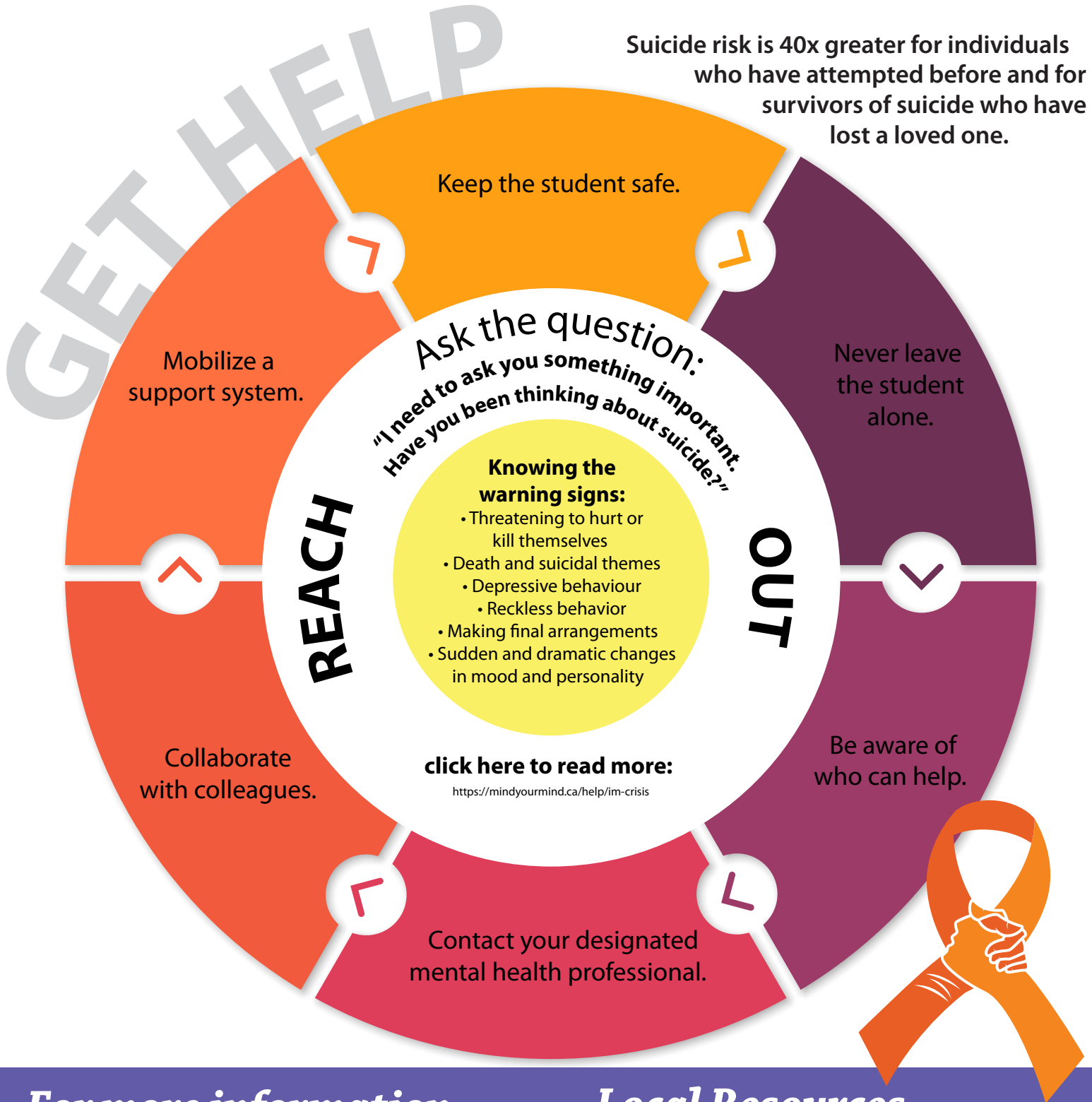


Suicide Prevention week

Feb. 5 - Feb 11 2024 (click here for more info)

Creating Hope Through Action

Suicide risk is 40x greater for individuals who have attempted before and for survivors of suicide who have lost a loved one.



For more information

The Centre of Excellence for Mental Health (CEMH)

<https://suicideprevention.ca/WSPD>

<https://cmha.ca/documents/preventing-suicide>

<https://www.aqps.info/>

Local Resources

Suicide Action Montreal (SAM) 1-866-APPELLE (1-866-277-3553)

Kids Help Phone 1-800-668-6868

Gai Ecoute 514-866-0103 or 1-888-505-1010

Find your local CLSC <http://www.sante.gouv.qc.ca/en/repertoire-ressources/clsc/>

Find a local crisis center <https://www.centredecrise.ca/listecentres>

Call 911

