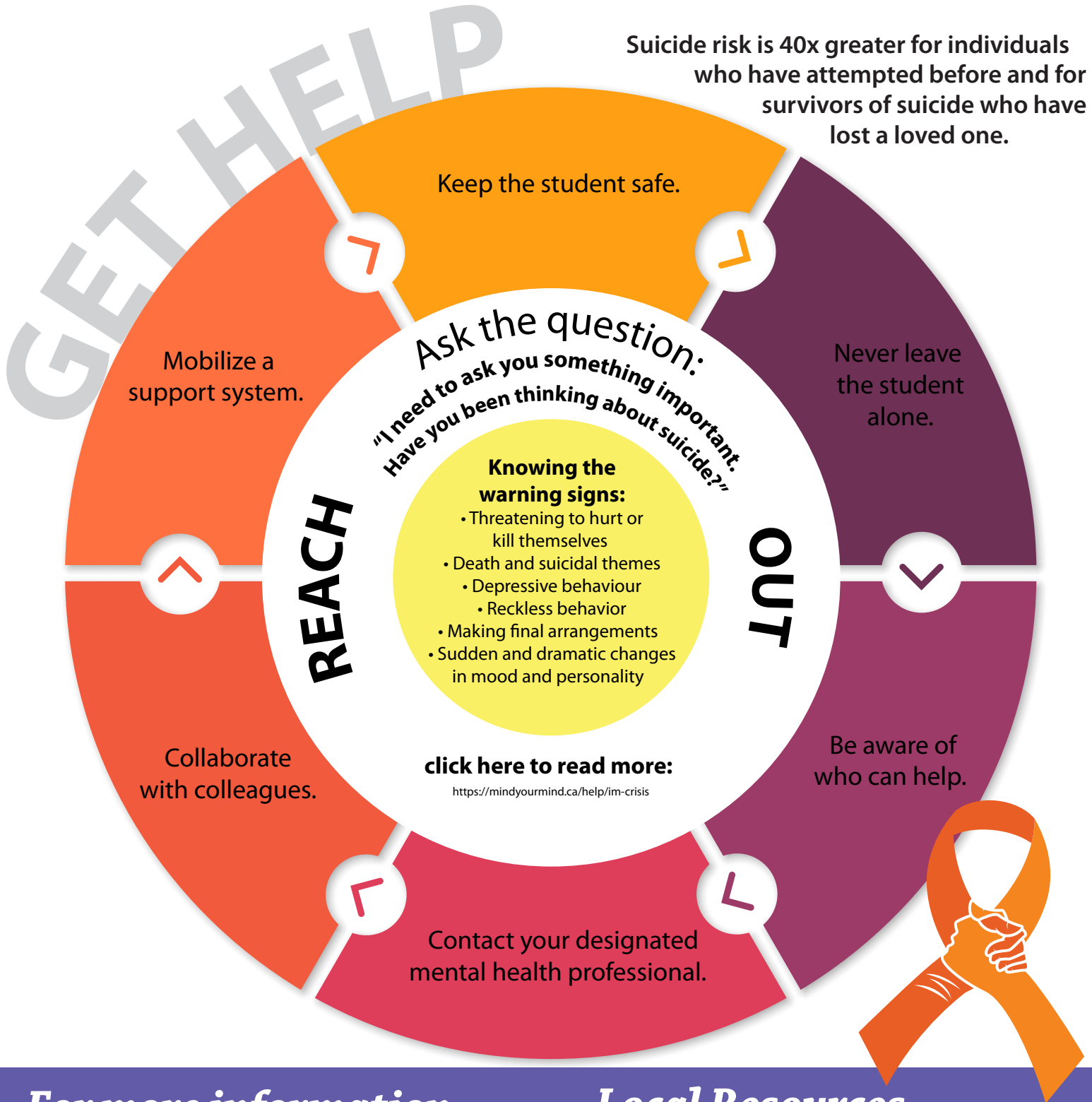


# Suicide Prevention week

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