

Suicide Awareness Resources

Suicide and Mental Health Crisis Lines

If you or someone you know needs help, call one of the numbers below:

- **1-800-SUICIDE or 1-800-784-2433:** If you are considering suicide or are concerned about someone who may be (<https://crisiscentre.bc.ca>)
- **Here2Talk: 1-877-857-3397:** A 24-hour phone and chat counselling support service for B.C. post-secondary students (<https://here2talk.ca>)
- **Mental Health Support Line: 310-6789** (no need for area code)
- **KUU-US Crisis Line: 1-800-588-8717:** A 24-hour crisis line for Indigenous people in B.C. (<https://www.kuu-uscrisisline.com>)

Resources for More Information

- **Canadian Association for Suicide Prevention:** Provides information and resources to communities to reduce the suicide rate and minimize the harmful consequences of suicidal behaviour. <https://suicideprevention.ca/>
- **Centre for Addiction and Mental Health (CAMH):** Has many resources around suicide awareness, including a Get Help page with information on crisis lines and immediate help. <https://www.camh.ca/en/suicide-prevention>
- **Centre for Suicide Prevention:** A branch of the Canadian Mental Health Association that provides information and resources on how to respond to people at risk of suicide. Offers toolkits, information sheets, and training resources. <https://www.suicideinfo.ca/>
- **Coping with Suicidal Thoughts:** A resource for individuals who are experiencing suicidal ideation or have had a plan or made an attempt to hurt themselves. Includes resources, information, support, and practical steps to help cope with suicidality. <http://www.sfu.ca/carmha/publications/coping-with-suicidal-thoughts.html>

- **HeadsUpGuys:** An online resource from the University of British Columbia that supports men in their fight against depression by providing tips, tools, information about professional services, and stories of success. Supports men’s mental health in a positive, inclusive, and mutually supportive way and is for people of all backgrounds, regardless of gender, race, or sexual orientation. <https://headsupguys.org/>
- **Kelty Mental Health Resource Centre, B.C. Children’s Hospital:** Provides mental health and substance use information, resources, and peer support for youth and young adults. Also provides information and resources for people of all ages with an eating disorder or disordered eating concern. <https://keltymentalhealth.ca/>
- **LifeLine Canada App:** A free suicide prevention and awareness app that offers access to support and guidance for people in crisis and people who have suffered the devastating loss of a loved one from suicide. <https://thelifelinecanada.ca/lifeline-canada-foundation/lifeline-app/>
- **Live Through This:** A website with a collection of personal stories from people who have attempted suicide and survived. The diverse voices illustrate that suicide can affect anyone, and reading some of these stories is a helpful way to prepare for the session. <https://livethroughthis.org/>
- **LivingWorks ASIST Suicide Prevention Training Program:** Offers workshops on how to prevent suicide by recognizing signs, how to provide a skilled intervention, and how to develop a safety plan. <https://www.livingworks.net/asist>
- **Mental Health Commission of Canada:** Offers a number of fact sheets, research reports, and webinars on suicide prevention. <https://mentalhealthcommission.ca/what-we-do/suicide-prevention/>
- **South Asian Mental Health (SOCH):** A mental health promotion initiative tailored to provide the South Asian community with mental health support and start the conversation to break the stigma around mental health. The Pardesi Project, a film about the mental health of South Asian international students is available on their website. <https://www.sochmentalhealth.com/>
- **The Trevor Project – Saving Young LGBTQ Lives:** The world’s largest suicide prevention and crisis intervention organization for lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) young people. <https://www.thetrevorproject.org/>

Supports for Indigenous People

- **KUU-US Crisis Line Society:** Offers a suicide crisis line as well as education, prevention, and intervention resources for Indigenous people in B.C. 1-800-588-8717 <https://www.kuu-uscrisisline.com/>
- **We Matter Campaign:** Indigenous-led and nationally registered non-profit organization that is committed to Indigenous youth empowerment, hope, and life promotion. <https://wemattercampaign.org/>

Resources on Self-Harm

- **Self-Harm and Suicide:** A toolkit that explains the differences and the similarities between self-harm and suicidal behaviour. <https://www.suicideinfo.ca/wp-content/uploads/2016/10/Self-Harm-Toolkit.pdf>
- **Self-Injury Outreach and Support:** A non-profit outreach initiative providing information and resources about self-injury to those who self-injure, those who have recovered, and those who want to help. <http://sioutreach.org/>