

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>
- **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

This organization 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

The Centre for Addition and Mental Health 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 Canadian Mental Health Association, the Centre for Suicide Prevention provides information and resources on how to respond to people at risk of suicide. They have 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>

Live Through This

This website is a collection of diverse personal stories from people who have attempted suicide and survived. <https://livethroughthis.org/>

LivingWorks ASIST Suicide Prevention Training Programs

This organization offers workshops on how to prevent suicide by recognizing signs, providing a skilled intervention, and developing a safety plan. <https://www.livingworks.net/asist>

Mental Health Commission of Canada

The Mental Health Commission of Canada has a number of fact sheets, research reports, and webinars on suicide prevention.

<https://www.mentalhealthcommission.ca/English>

The Trevor Project — Saving Young LGBTQ Lives

The Trevor Project is 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/>

Your Life Counts

A global online lifeline and web resource for anyone struggling with suicidal thoughts.

<https://yourlifecounts.org/>

Supports for Indigenous People

KUU-US Crisis Line Society

This society offers a suicide crisis line as well as education, prevention, and intervention resources for Indigenous people in BC. **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-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/>

Self-Harm and Suicide

This toolkit helps explain the differences and the similarities between self-harm and suicidal behaviour. <https://www.suicideinfo.ca/wp-content/uploads/2016/10/Self-Harm-Toolkit.pdf>