IN CASE OF EMERGENCY

If you have thoughts of suicide or self-harm, it is important that you talk to someone about it. Suicidal thoughts and feelings are horrible, but they do pass, and they are easier to deal with when you talk to someone. There are several people who you can talk to including family, friends, your doctor, or your therapist if you have one.

If you are in Quebec or Ontario and you feel that you are at risk of suicide, you should contact one of the following immediately:

Your GP

Where possible your doctor should be your first point of contact during a crisis. Doctors are well equipped and experienced in helping to find the most appropriate service. Please include your doctor's contact information so that you can refer to it if necessary.

Police or ambulance

Call 911 for emergency assistance or go to the nearest hospital emergency room.

In Quebec

24 hours a day, 7 days a week
Centre for suicide prevention: 1-866-277-3553 (https://suicide.ca/en)
Info-Social 811: **811, option 2** (https://www.quebec.ca/en/health/finding-a-resource/info-social-811)

In Ontario

24 hours a day, 7 days a week
Mental health crisis line: 613 722-6914 (www.crisisline.ca)
Distress Centre of Ottawa and Region: 613 238-3311 (www.dcottawa.on.ca)

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