

24/7 Help

Call 911 if you're not safe

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Call 911 if you're not safe

Kids Help Phone

1-800-668-6868

Text: **CONNECT 686868**

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1-800-668-6868

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1-800-668-6868

Text: **CONNECT 686868**

Kids Help Phone

1-800-668-6868

Text: **CONNECT 686868**

Kids Help Phone

1-800-668-6868

Text: **CONNECT 686868**

Talk Suicide Canada

1-833-456-4566

Talk Suicide Canada

1-833-456-4566

Talk Suicide Canada

1-833-456-4566

Talk Suicide Canada

1-833-456-4566

Talk Suicide Canada

1-833-456-4566

Hope for Indigenous Wellness

1-855-242-3310

Hope for Indigenous Wellness

1-855-242-3310

Hope for Indigenous Wellness

1-855-242-3310

Hope for Indigenous Wellness

1-855-242-3310

Hope for Indigenous Wellness

1-855-242-3310

Suicide Crisis Helpline

988

Text: **988**

Suicide Crisis Helpline

988

Text: **988**

Suicide Crisis Helpline

988

Text: **988**

Suicide Crisis Helpline

988

Text: **988**

Suicide Crisis Helpline

988

Text: **988**

My safety plan My safety plan My safety plan My safety plan My safety plan

When I have thoughts of suicide...

...this is what happens

...this is what I will do

Mind

Body

This is who I will call....

Phone #

When I have thoughts of suicide...

...this is what happens

...this is what I will do

Mind

Body

This is who I will call....

Phone #

When I have thoughts of suicide...

...this is what happens

...this is what I will do

Mind

Body

This is who I will call....

Phone #

When I have thoughts of suicide...

...this is what happens

...this is what I will do

Mind

Body

This is who I will call....

Phone #

When I have thoughts of suicide...

...this is what happens

...this is what I will do

Mind

Body

This is who I will call....

Phone #