



WORLD
**SUICIDE
PREVENTION
DAY**

Suicide Resources

If you or your friend is in crisis,
go to the nearest emergency
department, or call **9-1-1**

National Suicide Crisis Helpline
Call or text **9-8-8**

KUU-US Crisis Line **1-800-588-8717**

Métis Crisis Line **1-833-638-4722**

For immediate
help 24/7, call **1-800-SUICIDE**
(1-800-784-2433)

Interior Crisis Line **1-888-353-CARE**
(1-888-353-2273)

Mental Health &
Substance Use Services **310-MHSU**
(310-6478)
(non-emergency)



Interior Health