

SUICIDE HOTLINES

Canada Suicide Prevention Service

1-833-456-4566

TEXT 45645

Kids Help Phone

1-800-668-6868

TEXT 686868

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

TEXT HELLO to 741741

Distress Centres of Greater Toronto

GTA 416-408-4357

PEEL 905-459-7777

TEXT 45645

