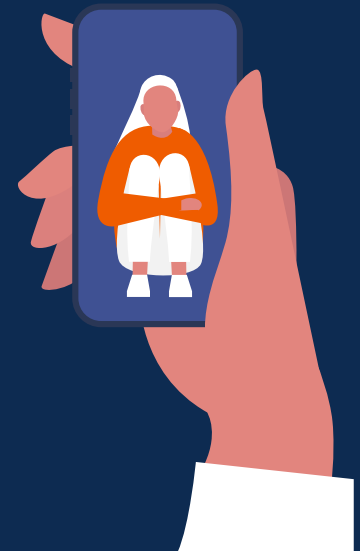


In a mental health crisis? There is help! Call 988



As of Nov. 30, 2023, there is a new mental health emergency call-in line, to support anyone in a mental health crisis. This includes suicide prevention.

You can call or text any time, from anywhere in Canada.

Here is a helpful guide on when you use **911** or **988**:

Call 911

- When someone expresses a plan to die by suicide and they have the means to accomplish it.
- If it appears that someone might have over-medicated or overdosed.
- When someone has injured themselves attempting to die by suicide.
- If you have reason to believe that the person is a danger to themselves or others.*

Call 988

- When someone is talking about suicide, but they aren't ready to carry out the plan.*
- If you notice the person has in their possession an abnormal amount of medication that would likely be harmful, especially if it wasn't prescribed to them.
- When someone is having a mental health crisis.
- If someone needs help with a mental health issue.

** Most people who are experiencing suicidal thoughts aren't dangerous to others, but in the rare case that you believe they are, be sure to stay safe.*

If you are able, and it's safe to do so, drive the person to the hospital instead of calling 911 if they don't require the immediate care of a paramedic.

Do your best to make sure that a person experiencing a mental health crisis isn't left alone, even if they have contacted 988.



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