

How you can help spread the word about 9-8-8: Suicide Crisis Helpline

9-8-8

Suicide Crisis Helpline
Ligne d'aide en cas de
crise de suicide

If you have downloaded this guide, it's probably because you are passionate about suicide prevention and want to help spread the word about 9-8-8 so more people know where they can get help.

Thank you so much! Your support will help more people across Canada get the support they need, in the moment they need it most.



Spread the word

Here are some ways you can use the toolkit to raise awareness of 9-8-8 and encourage people to call or text 9-8-8 if they are struggling and need help:

- Post about 9-8-8 on social media and tag 9-8-8.
- Print the 9-8-8 poster to put up in your community or workplace.
- Ask your local businesses, library, school, coffee shop or community organizations to display the 9-8-8 poster or wallet cards.
- Ask your local businesses if you can leave the 9-8-8 wallet card at their cash register for people to take with them.

Talking about suicide

It's important to talk about suicide. You might find that when you raise awareness about 9-8-8 in your community, this opens up the conversation. Please visit these pages on our website for more advice about talking about suicide and supporting people who are struggling:


[How to get help for someone else](#)


[Talk to someone you are worried about](#)


[Suicide-safe language](#)

Remember, if you need help for yourself or for someone else, you can always reach out to us. Call or text 9-8-8 any time.

Find us on
social media:

 @988Canada

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 @988Canada