



Canada Suicide Prevention Service

FOR 24/7 VOICE SUPPORT, PLEASE CALL TOLL-FREE:
1.833.456.4566
IF YOU NEED IMMEDIATE HELP CALL 9-1-1

Text And Chat Services Available In Canada

Canada

- All of Canada
 - [Kids Help Phone](#)
 - Text Services: Text "CONNECT" to 686868
 - Chat Services: (6pm-2am ET): kidshelpphone.ca

British Columbia

- All of BC
 - [Youthspace.ca](http://youthspace.ca) (NEED2 Suicide Prevention, Education & Support)
 - Youth Text (6pm-12am PT): (778) 783-0177
 - Youth Chat (6pm-12am PT): www.youthspace.ca
- Coastal Region
 - [Vancouver Crisis Centre](#)
 - Crisis Chat: crisiscentrechat.ca