



Suicide Thoughts

If you are experiencing suicide-related thoughts and behaviours, you need to know that you're not alone. There are many crisis centres available 24 hours a day to talk to you.



Concerned for Someone

Talking about suicide can provide tremendous relief and being a listener is the best intervention anyone can give. Learn how best to support this person.



Support for People Living with Loss

It is important for relatives, friends and the larger community to support people throughout the grief process. Learn some helpful suggestions on how to directly assist people impacted by suicide loss or find resources for yourself.



How to Support a Suicide Attempt Survivor

Survivors have fought their way back through the darkness and in this moment have made the choice to live. Learn what is needed as the survivor journeys to healing and hope.

Use your phone's camera to scan these QR Codes below and get links to learn more about us, find resources or help, or to donate.



Our Website



Find Support



Donate

Learn more. Educate others. Share resources. Donate.

All information on CASP's website is provided for free to the general public.



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**Go to our website to find help, resources, online events
and sign up for our free newsletter**

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