

It's okay to ask for help.

There are free supports available to you 24/7 across Canada and in Ireland.

In an emergency call: **911**

Canada Suicide Prevention Service:

Call: **1-833-456-4566** (If in Québec call: **1-866-277-3553**)

Text: **45645**

Wellness Together Canada (Mental Health and Substance use support):

Call: **1-866-585-0445**

Text: **741741**

Samaritans (Helpline for Irish in Canada):

Call: **+1 (833) 951 2484**

If you are experiencing spousal abuse please get in touch with our Social Care Advisors who can direct you to supports in your Province.