

KEEPSAFE CONNECTIONS



SUICIDE FIRST AID TRAINED STAFF

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If you are on campus and someone needs immediate assistance, go to the front desk and let them know you need to speak to a Suicide First Aid Trained Staff member.



BC Suicide Hotlines

1-800-SUICIDE (1-800-784-2433) for 24/7 Crisis Support

Mental Health Support Line: Call **310-6789** (no area code). This number will connect you to your local BC crisis line without a wait or busy signal, 24 hours a day.



Find@Northeastern

Free 24/7 Confidential Mental Health Support for all full time students at Northeastern.

855-229-8797 (CANADA) and **+1-781-457-7777** (INTERNATIONAL)



Here2Talk

Free 24/7 Confidential Mental Health support for all post-secondary students in BC. Immediate support available in over 50 languages.

Canada-wide toll free: **1-877-857-3397**

Canada-wide direct: **604-642-5212**



Online Chat Service for Adults in Crisis

- www.CrisisCentreChat.ca (Noon to 1am daily)



If someone is in immediate risk of harming themselves or others – call 911

If you have any questions, need information regarding additional supports, or would like to debrief after being a suicide alert helper, please feel free to email v.williams@northeastern.edu.