



September 10th 2017 is World Suicide Prevention Day and, throughout World Suicide Awareness Month, you have an opportunity to help **PREVENT SUICIDE**.

Suicide prevention takes many forms and includes a complex series of activities, including Awareness, Intervention, and Postvention (support for those who are grieving the loss of someone to suicide).

Join the new mobile giving campaign and help prevent suicide in partnership with our network of distress centres and community partners.

How can you help?

To make a \$10 donation to **PREVENT SUICIDE**, text **SUPPORT CANADA** to **41010**.

The amount will be charged to your cell phone bill.

Your \$10 donation will go directly to the services currently helping distressed individuals across Canada.

If you want to support another region or Ontario-wide services then text **SUPPORT** [and the region], as shown below.

Region	Key Words to Text
Durham	SUPPORT DURHAM
Niagara	SUPPORT NIAG
Peel	SUPPORT PEEL
Toronto	SUPPORT TO
Windsor-Essex	SUPPORT WINDSR
Ontario	SUPPORT ONT
Canada	SUPPORT CANADA



How does your donation help?

It supports a network of Ontario-based Distress and Crisis Centres who provide 24/7/365 **telephone helpline** support to individuals who are distressed, in crisis or suicidal. <http://www.dcontario.org/centres.html>

It supports the ONTX Text Crisis Service helping distressed individuals or those in crisis or suicidal with empathic **text conversations** and referrals from 2pm to 2am 7 days a week. Text: **741741**

It supports the ONTX Online Chat Crisis Service, helping distressed individuals or those in crisis or suicidal with confidential **chat conversations** and referrals from 2 pm to 2 am 7-days a week. <http://www.dcontario.org/ontx.html>

Our network responded to **325,000 helpline calls** and **21,200 texts and chats** in **2016**, resulting in:



96% ↓

decrease in distress/
anxiety level



68% ↑

increased ability
to cope



92%

of suicidal crisis calls successfully
deescalated without involving
emergency services

Your **\$10 donation** will help our network organizations to expand needed and necessary services in **2017**