

What happens when you call 9-8-8?



You will hear a short recorded message

To let you know you are in the right place.



You will hear a few short questions

Including whether you'd like to speak to someone in English or French.



You will connect to a trained responder

If you need to wait for a short time, please stay with us – we will answer your call.



The responder will listen without judgment

Whatever you're facing, the responder you connect to will give you space to talk through your problems, and help you find ways to keep yourself safe.

If you're thinking about suicide or worried about someone you know, 9-8-8 is here for you, 24/7/365.

9-8-8 Suicide Crisis Helpline

9-8-8: Suicide Crisis Helpline is funded by the Government of Canada

What happens when you text 9-8-8?



You will receive a message

To let you know you are in the right place.



You will be asked a few short questions

Including whether you'd like to text with someone in English or French.



You will connect to a trained responder

If you need to wait for a short time, please stay with us – we will answer your text.



The responder will support you without judgment

Whatever you're facing, the responder you connect to will give you space to share your problems, and help you find ways to keep yourself safe.

If you're thinking about suicide or worried about someone you know, 9-8-8 is here for you, 24/7/365.

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