RESOURCES

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Resource** | **Fees (Yes or No)** | **Area** | **Phone Number** | **Website** |
| **Alberta** |  |  |  |  |
| Cool family Solutions | Yes- Minimal | Calgary |  | www.coolfamilysolutions.com |
| Thumbs Up | No | Airdrie |  |  |
| Edmonton Distress Line | No | Edmonton | 1.780.482.4357 |  |
| Calgary Distress Line | No | Calgary | 1.403.266.4357 |  |
| Rural Distress Line | No |  | 1.800.232.7288 |  |
| **All of Canada** |  |  |  |  |
| Canada Suicide Prevention Centre | No | All Provinces | 1.833.456.4566 | www.suicideprevention.ca/need-help/ |
| Kids Help Phone  |  |  | 1.800.668.6868 | <www.kidshelpphone.ca> |
| **United States** |  |  |  |  |
| USA Crisis Line | No  | All States | 1.800.784.24331.800.273.8255 | www.suicide.org |
| **International**  |  |  |  |  |
| Japan | No for Crisis Support | Tokyo, Yokohama, Okinawa | 03.5774.0992 (helpline 9am-11pm) | <https://telljp.com/lifeline/> |
| China | No | Beijing/China Wide | 010-82951332 | www.crisis.org.cn  |
| China | No | Shanghai/ China Wide | (021)6279 8990 (10am-10pm) | www.lifeline-shanghai.com  |
| India | No | Chennai/India | +91 44 2464 0050 | https://snehaindia.org/new/ |
| Hong Kong | No | Hong Kong | 2382 0000 | www.sps.org.hk |
| **Europe** |  |  |  |  |
| Belgium | No | Belgium | 0800 32 123 | www.preventionsuicide.be |
| France | No | France | 09 72 39 40 50 | www.sos-amitie.com |
| Germany | No | Germany | 0800 111 0111 or 0800 111 0222 | https://ktsbb.de/startseite.html |
| UK |  | England, Scotland, Wales, Ireland |  | <www.samaritans.org/how-we-can-help-you/contact-us> |
| Italy |  |  | 199 284 284 | <www.telfonoamico.it/page.php?content+7> |

The information provided is for informational and educational purposes only; it is not intended to diagnose or treat a suicidal individual; and is not intended to constitute medical advice. While care has been taken in the preparation of the information contained, all information is provided on an "as is" basis without any representation, warranty or condition, whether express or implied, statutory or otherwise, as to: quality; accuracy; completeness; legality; reliability; efficacy; or fitness for any particular purpose. Anyone using this information does so at his or her own risk, and by using such information agrees to indemnify Cool Family Solutions and its content providers from any and all liability, loss, injury, damages, costs and expenses (including legal fees and expenses) arising from such person's use of the information and resources on this website. Anyone who is suicidal should call 911 now and receive help from trained mental heath professionals.