RESOURCES

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| **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 | 1.800.784.2433  1.800.273.8255 | 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> |

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