

# Talking is important. It can **save your life.**



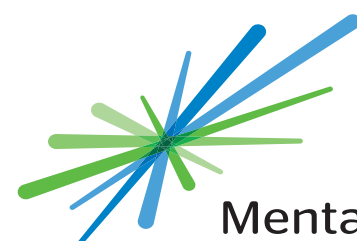
Do you have thoughts of suicide?  
Help is available. **You are not alone.** There is hope.

## Talk to your healthcare provider.

If you are in distress, professional advice and support is available 24/7 through your provincial Mental Health Crisis Line: 1-888-737-4668

You can also contact our local offices for information on access to service:

Marystown: 1 (709) 279-7900  
Grand Bank: 1 (709) 832-1640  
St. Lawrence: 1 (709) 873-2330  
Placentia – West: 1 (709) 443-2100



Mental Health  
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[mentalhealthcommission.ca](http://mentalhealthcommission.ca)