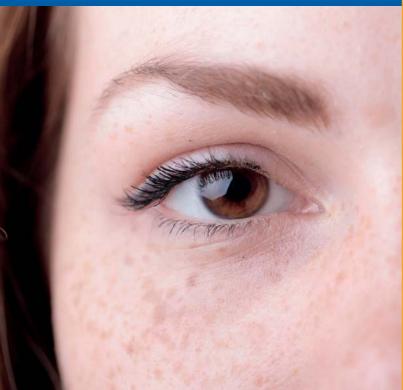
I no longer have the energy to go to work

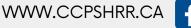
I feel like a burden on my loved ones

I don't know how to get out of this





CENTRE DE CRISE ET DE PRÉVENTION DU SUICIDE DU HAUT-RICHELIEU-ROUVILLE







1-866-APPELLE (1-866-277-3553)
Provincial toll-free number

450-348-6300

Local number

24/7

Free and confidential

Phone intervention
Crisis accommodation
Clinical follow-up
Postvention
Group of mourners by suicide
Training
Community services