

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



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

450-348-6300
Local number

24/7

Free and confidential



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

WWW.CCPSHRR.CA



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

136, Champlain Street, Saint-Jean-sur-Richelieu (QC) J3B 6V4