

EACH YEAR, A NUMBER OF UBC STUDENTS, STAFF, AND FACULTY CONSIDER SUICIDE.

SUICIDE AWARENESS DAY
JANUARY 25, 2017



Wear orange on Suicide Awareness Day: Wednesday, January 25, 2017

Show your support for suicide awareness and prevention.



HELP PREVENT SUICIDE

Learn more about suicide warning signs, find out how to talk about it, and connect with support and resources. Visit thrive.ubc.ca for more information.



GET HELP NOW. REACH OUT.

EVERYONE
1.800.SUICIDE (1.800.784.2433)

STUDENTS
UBC Health & Wellness, Counselling
UNC 337, 3272 University Way
250.807.9270

FACULTY AND STAFF
UBC Employee and Family Assistance
Program (EFAP)
1.800.387.4765 | hr.ubc.ca/benefits/efap

REACHING OUT FOR HELP IS A SIGN OF STRENGTH, NOT WEAKNESS.

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THOUGHTS ABOUT SUICIDE MUST ALWAYS BE TAKEN SERIOUSLY.

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