

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 Counselling Services
Brock Hall, 1874 East Mall, Room 1040

Lower Mall Research Station
2259 Lower Mall, Room 358

604.822.3811
students.ubc.ca/counselling

FACULTY AND STAFF

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

thrive.ubc.ca



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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