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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