Suicide Prevention Week 2024

Online participation toolkit

February 4th to 10th, 2024

Help us spread the message this Suicide Prevention Week! To participate, share posts about it on social media. You may use the following visuals and templates. Do not hesitate to change them to suit your needs.

You can also share the Association québécoise de prévention du suicide’s posts. Visit our social networks : [Facebook](https://www.facebook.com/preventiondusuicide), [Instagram](https://www.instagram.com/aqps/), [LinkedIn](https://www.linkedin.com/company/5243628/), [Twitter](https://twitter.com/AQPS_Quebec).

# **Message 1**

It's Suicide Prevention Week! Make a real difference in your community.

Simple gestures like sharing help resources, and encouraging those around you to use them when things aren't going so well, have a real impact.

To build a suicide-free Quebec, your contribution is important.

#DareToTalkAboutSuicide

Need help for you or someone you care about? Counsellors are here 24/7, everywhere in Quebec.  
📞 Phone : 1 866 APPELLE (277-3553)  
📱 Text : 535353  
💻 Chat, information and tools : [www.suicide.ca/en](https://www.suicide.ca/en)

# **Message 2**

On average, three Quebecers commit suicide every day. These people are our parents, our children, our siblings, our friends or our colleagues.

During Suicide Prevention Week 2024, let's commit to talking openly about this subject, because suicide prevention is everyone's business.

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