

**reason to *live*.ca**

We are here to help 24 hours a day

**1-877-435-7170**

**MANITOBA SUICIDE PREVENTION & SUPPORT LINE**

**Struggling** with suicidal thoughts or feelings?

**Concerned** about a friend, family member or co-worker?

**Impacted** by a suicide loss?

**Suicide is not the answer  
and you are not alone.**



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