Suicide Prevention Week 2025  
**Digital participation toolkit**

**February 2–8, 2025**

Together, let’s amplify the message of Suicide Prevention Week! This toolkit is designed to help you raise awareness in your communities while delivering a safe and engaging message. Below, you’ll find ready-to-share templates for your social media posts. Feel free to adapt them to suit your community’s needs.

**Don’t forget to tag us in your posts!** This helps increase your visibility and strengthens our collective impact.

To maximize your participation, follow us and share our posts on:

Facebook: @Association québécoise de prévention du suicide (AQPS)  
LinkedIn: @Association québécoise de prévention du suicide (AQPS)  
Instagram: @aqps

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**Message 1**

**It’s Suicide Prevention Week!** Together, let’s make a difference in our communities.

In Quebec, we have access to specialized suicide prevention services! Sharing these resources and encouraging people to use them helps save lives. Every action counts: speaking up, listening, and guiding others to services. Collective commitment makes all the difference in building a Quebec without suicide.

Visit daretotalkaboutsuicide.com to better understand suicide, hear testimonies, and take action.

#DareToTalkAboutSuicide

Need help for yourself or someone close to you? Support is available 24/7, anywhere in Quebec.  
📞 Phone: 1 866 APPELLE (277-3553)  
📱 Text: 535353  
💻 Chat, information, and tools: [www.suicide.ca](https://www.suicide.ca)

🏡 Suicide Prevention Centres and specialized organizations: <https://aqps.info/bottin-de-ressources/>

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**Message 2**

**On average, three Quebecers die by suicide every day.**  
These people are our parents, our children, our brothers, our sisters, our friends, our colleagues.

During this Suicide Prevention Week, let’s commit to breaking taboos, talking openly about suicide, and using the many specialized resources available. Together, we can make a difference.

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**Message 3**

Today, we’re answering the call from the Association québécoise de prévention du suicide by displaying awareness materials to spread the message of Suicide Prevention Week in our community.

In Quebec, there’s no shortage of specialized help. Let’s make it known and use it!

#DareToTalkAboutSuicide #AQPS

[Photos]

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