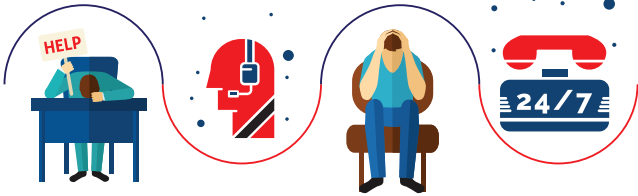


Who can call the Suicide Prevention Hotline?

The Suicide Prevention Hotline provides support to individuals, couples, families, children, the elderly, persons with disabilities, and the Disadvantaged.



Call 800 – COPE if you or someone you know is experiencing:

- Thoughts of Suicide
- Family Issues
- Abuse
- Anxiety/ Depression
- Stress
- Financial issues
- Addiction
- Grief



Core Values

- Confidentiality
- Privacy
- Integrity
- Respect
- Empathy
- Compassion
- Inclusivity
- Positivity
- Prompt Response

Vision Statement

To be the lead Hotline addressing matters of suicide, suicide ideation, mental ill-health, and other crisis issues, while providing citizens with quality social services and development pathways.

Mission Statement

To reduce the rate of suicide through the provision of preventive, developmental and remedial programmes and services geared towards addressing causal/risk factors.



MINISTRY OF SOCIAL DEVELOPMENT AND FAMILY SERVICES
Head Office: CL Financial Building, 39-43 St. Vincent Street, Port of Spain.
Tel: 623-2608 • Toll Free 800-1673 • Fax: 623-8496 • www.social.gov.tt

@MSDFSTT
www.social.gov.tt

FOLLOW US ON
A row of four social media icons: a Twitter bird, a Facebook 'f', an Instagram camera, and a globe.

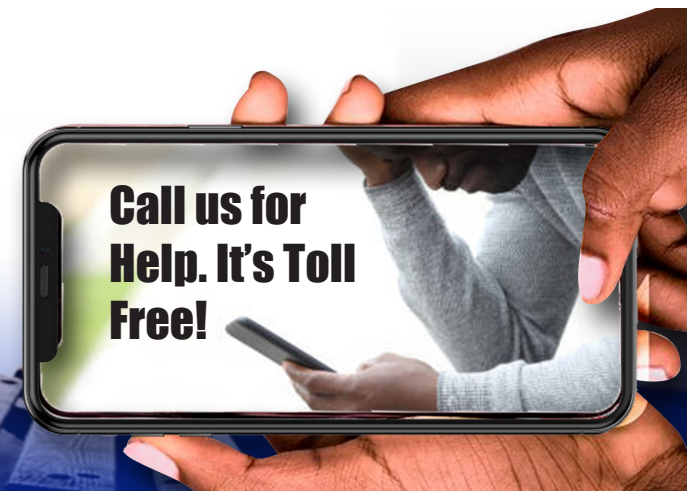


Government of the Republic of Trinidad and Tobago
Ministry of Social Development
and Family Services

SUICIDE PREVENTION HOTLINE

**Free, Confidential,
Available 24/7**

800 - COPE (2673)



Why Was The Hotline Established?

According to the World Health Organization (WHO), over 700,000 people die by suicide yearly. In the English-speaking Caribbean region, Trinidad and Tobago has the 3rd highest suicide rate. The Suicide Prevention Hotline was established on the 23rd of November 2022 as an additional service of the National Family Services Division, in response to the increase in suicide, suicide ideation and other crises in Trinidad and Tobago.

What we do

The Suicide Prevention Hotline is a 24-hour hotline, operated by trained staff who address crisis issues related to suicide ideation, families, grief, gender-based violence, mental health, substance abuse, child abuse, elder abuse, financial assistance and natural disasters.

The Active Listeners at the Suicide Prevention Hotline provide all callers with a listening ear, emotional support, and non-judgemental feedback. Active Listeners also make referrals for counselling, financial support and further intervention to NFSD, and other governmental and external agencies.



See the Change. Be the Change.

Who is at risk of Suicide?

Suicide can affect people of all ages, sexes, ethnicities, and nationalities. Some suicide risk factors are:

- Chronic diseases and pain
- Previous suicide attempt
- Depression and other mental illnesses
- Substance abuse/ addiction
- Financial or legal problems
- Social isolation/ loneliness
- Grief/ loss of relationships
- Lack of social support
- Sexual, physical, and emotional abuse

Warning Signs of Suicide

Some warning signs of suicide are:

- Talking about being a burden or wanting to die
- Talking about having no reason to live
- Making plans for suicide and
- Saying goodbye, giving away belongings or making a will
- Seeking access to lethal means
- Talking about feeling trapped or in unbearable physical or emotional pain
- Extreme mood swings
- Increasing use of alcohol or drugs
- Withdrawing or isolating
- Eating or sleeping more or less
- Exhibiting reckless behaviour

Benefits of Seeking Help

- You would receive support and no longer be alone while coping with mental illness.
- It teaches you how to develop coping mechanisms.
- You will build healthier relationships.
- It lowers your vulnerability to other health problems.
- It improves your quality of life.

If you or someone you know is a victim of abuse, having thoughts of suicide, in need of emotional support, or struggling with anxiety after a disaster, we are here to help.

Active Listeners are available to listen, support and provide necessary assistance.

**Call
800-COPE (2673)
It's Free, Confidential
Available 24/7**