

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

Trauma

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.



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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)

Call Our Toll Free Number For Help!

Call/Choose
to
Communicate

Find Optimism

Change
Perspective

Attend
to Emotions

C

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**Suicide Prevention
Hotline**

About

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 offering by 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.

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

Talking about being a burden or wanting to die

Talking about having no reason to live

Making plans for suicide

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

Eating or sleeping more or less

Sexual, physical, and emotional abuse

Exhibiting reckless behaviour



Benefits of Seeking

Help

- You receive support and will no longer be alone while coping with mental illness.
- It teaches you how to develop coping mechanisms.
- You 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 NOW

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