

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 the People, Social Development and Family Services



Suicide PREVENTION Hotline

Free, Confidential, Available 24/7

800-COPE (2673)

Call Our Toll Free Number For Help!





**Suicide Prevention
Hotline**

About

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

Benefits of Seeking

Help

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.

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



- 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 NOW

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