I no longer have the energy to go to work

I feel like a burden on my loved ones

I don't know how to get out of this





CALL US 24/7



450-348-6300

1-866-APPELLE (277-3553)

Provincial toll-free number



CENTRE DE CRISE ET DE PRÉVENTION DU SUICIDE DU HAUT-RICHELIEU-ROUVILLE



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