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# Silent Night ? can be a lonely night

The OPP would like to remind all Ontarians that the ?Festive Season? is not the same for all.
The OPP is asking everyone to do their part to share awareness about the issue of ?suicide?. What is normally a happy time for many is also a time filled with extra pressure, financial burdens, loneliness, anxiety, unrealistic expectations and often accompanied by or enhanced by depression for some.
The best gift one can give another is a compassionate, listening ear.
If you or someone you know is feeling overtly sad, overwhelmed, contemplating end-of-life self-harm strategies, or acting suspiciously, get help. Call 911 or Telehealth Ontario at 1-866-797-0000.
Let's all start talking about the ?elephant in the room!? There are ample resources online and readily available. Nobody has to suffer in silence this Festive Holiday Season or any other time of the year.
For further information contact the Canadian Mental Health Association at www.ontario.cmha.ca