Learn warning signs of distress and how to support and refer someone in crisis.

Get QPR trained with us!

Suicide is the 2nd leading cause of death among 15-24 year olds.

Let's make sure everyone in our community knows how much they matter.

YOU can help!

Join the Canisius College Counseling Center for January 26th 3-4:30PM OM 203.

Questions? Email Megan: valerym@canisius.edu