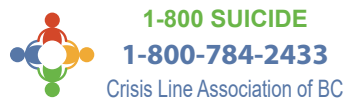


- **Take them to help:**
A hospital, mental health clinic or suicide prevention counselor, if they cannot assure their own safety.

WHAT IF I'M THINKING ABOUT SUICIDE?

Seek out help instead of keeping problems to yourself and feeling alone.

- Talk with something you trust.
- Call your local crisis centre.
- Call 1-800-SUICIDE.



1-800 SUICIDE
1-800-784-2433



SIGNALS OF SUICIDE

A person who is suicidal feels trapped, hopeless & alone. They feel their only choice is to die by suicide.

Some possible signs are:

- **Changes in Behavior**
Increased use of alcohol or other drugs, increased or decreased sleeping or eating, decreased self-care.

- **Hopelessness**
A negative outlook with no positive future. "What's the point? It won't change".
- **Changes in Mood**
Crying easily, depressed, frequently agitated/ anxious.
- **Warnings**
Saying "life isn't worth it" or "things would be better if I was gone". Jokes, poems and art about suicide.
- **Preparations for Death**
Saying goodbye, making a will; giving away prized possessions, talking about
- **Impulsiveness**
Actions without thought of risk or consequences, outbursts or aggression.

- **Previous Attempts**
Recent intentional self-harm or suicide attempt.

WHAT CAN I DO IF SOMEONE IS SUICIDAL?

Talking can help

- **Reach out** and let them know you care.
- **Ask directly**, "Are you considering suicide?"
- **Be a supportive listener;** accept their feelings.
- **Offer help.** Find out who they can talk to – a relative, counselors, teacher, clergy member, doctor or crisis centre. Never promise to keep a suicide plan