

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 were gone"; jokes, poems and art about suicide.

■ **Preparations for Death**

Saying goodbye; making a will; giving away prized possessions; talking about going away.

■ **Impulsiveness**

Actions without thought of risks 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, counselor, teacher, clergy member, doctor or crisis centre. Never promise to keep a suicide plan secret.

■ **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 someone you trust
 - Call your local crisis centre
 - Call 1-800-SUICIDE

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