

Be a LifeSaver Prevent Suicide

What You Know Could Save a Life!

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Be a Life Saver - Know the Warning Signs

- Mood changes or extreme changes in attitudes & ideas.
- Feel guilty, hopeless, worthless & life has no purpose.
- Withdrawal from family, friends & interests.
- · Loss of interest in usual activities or daily routines.
- Change in eating, sleeping, appearance or self-care.
- Increase in drug & alcohol use or risk taking behaviour.
- Giving away possessions & telling final wishes
- Making plans for death or looking for ways to die (ex: pills, weapons).
- Writing or talking about death, dying or suicide.

Mental Health Crisis Line 1-888-737-4668 NL Health Line 1-888-709-2929



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