

**What you know
could save a life!**



Suicide Prevention starts with a question. Are you ready to ask it?

If you suspect someone may be suicidal,

ASK - CARE - CONNECT.

Ask - Ask if they have thoughts of suicide.

If yes, ask if they have a plan (how, when, how prepared) & if any prior attempts.

They should not be left alone.

Care - Let the person know you care & want to help. Be a good listener. Talk in a calm, caring, accepting & non-judgmental way. Be sensitive! Do not blame, criticize or interrupt.

Connect - Encourage & support them to get help professional help. Don't promise that you won't tell anyone - *threats of suicide should always be taken seriously*. Contact your local Emergency or Police.

www.suicideprevention.ca

Prevent Suicide

Know the Warning Signs

- Mood changes or extreme changes in attitudes & ideas (Unusually sad or irritable mood that lasts more than 2 weeks & affects daily functioning).
- Feelings of hopelessness, worthlessness, purposelessness & guilt.
- Withdrawal from family, friends & interests.
- Loss of interest in usual activities or daily routines.
- Increase in drug & alcohol use or risk taking behaviour.
- Change in eating, sleeping, personal appearance or lack of self care.
- Giving away possessions; telling final wishes &/or making plans for death.
- Looking for ways to die (ex.: pills, weapons, or other means).
- Writing or talking about death, dying or suicide or an expressed intent to die by suicide (ex: "I wish I was dead", "there's nothing to live for", "people are better off without me").



Having a difficult time? Need to talk?

With Help Comes Hope. Together we are Stronger!

If you feel suicidal, tell someone & get professional help immediately!



For more information or support, contact your local
Mental Health & Addiction Services Office or Family Doctor.

For immediate help, contact local **Emergency or Police**

Mental Health Crisis Line 1-888-737-4668

NL Health Line 1-888-709-2929

Kids Help Phone 1-800-668-6868



Western
Health