

CUT

If someone you know:

- ❑ shows changes in behaviour, appearance, or mood
- ❑ threatens suicide
- ❑ talks about wanting to die
- ❑ deliberately injures themselves
- ❑ appears depressed, sad, withdrawn...

You can help!

Ask directly, "Are you thinking of suicide?"

If they say yes:

- ❑ stay calm and listen
- ❑ let the person talk about their feelings
- ❑ take all threats of suicide seriously
- ❑ connect the person to your local crisis line

FOLD



Call 211 or your local crisis line

ab.211.ca



centre for
suicide prevention

suicideinfo.ca