

Help save a life!

Helping someone who may be suicidal

If you are in crisis, call 211 or your local crisis line. First Nations people and Inuit can also call 1.855.242.3310

211.ca • hopeforwellness.ca



centre for
suicide prevention

suicideinfo.ca



Canadian Mental
Health Association
Mental health for all

Blue Monday is a myth

People can feel down any time of year

We are CSP. For 35+ years we've been equipping Canadians with the knowledge and skills to respond to people at risk of suicide.

We can equip you too.

We educate for life.

Anyone can learn to identify someone at risk of suicide and get them help.

If you're worried about someone, reach out.

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- ❑ appears depressed, sad, withdrawn...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