

Help is available.

Suicide Crisis Helpline

Call or text **988**

Hope for Wellness

(for Indigenous people)

Call **1-855-242-3310**

Kids Help Phone

Call **1-800-668-6868** or
text **CONNECT** or **CAFKIDS**
to **686868**

Veterans Affairs Canada crisis line

Call **1-800-268-7708**



More military and
RCMP Veteran and
Family resources are
available here:

atl-as.ca/suicide-prevention

Worried about someone?

Here's what you can do.



centre for
suicide prevention



ATLAS INSTITUTE FOR
VETERANS AND FAMILIES

Military and RCMP Veteran and Family
suicide prevention resource series

1 PAY ATTENTION

Any noticeable change in behaviour is a warning sign.

- Not texting or calling as much
- Talking about how much life sucks, being a burden or lacking purpose
- Being more sad, anxious, irritable or reckless

2 KNOW YOUR ROLE

You're a friend, Family member, or acquaintance – not a counsellor.

3 START A CONVERSATION

A conversation like this needs time and attention.

- Choose a quiet, comfortable setting
- Mention any changes you've noticed
- Be prepared for a range of responses

4 KEEP THE CONVERSATION GOING

Listen and ask questions. Be direct about suicide and let them know you're there for them.

5 STICK TO YOUR ROLE

- Encourage them to reach out to others
- Call the Suicide Crisis Helpline together at **988**
- Check-in with them
- Call **911** if they have immediate plans to die

6 LOOK AFTER YOURSELF, TOO

Acknowledge how you're feeling. Do something you enjoy after your conversation.