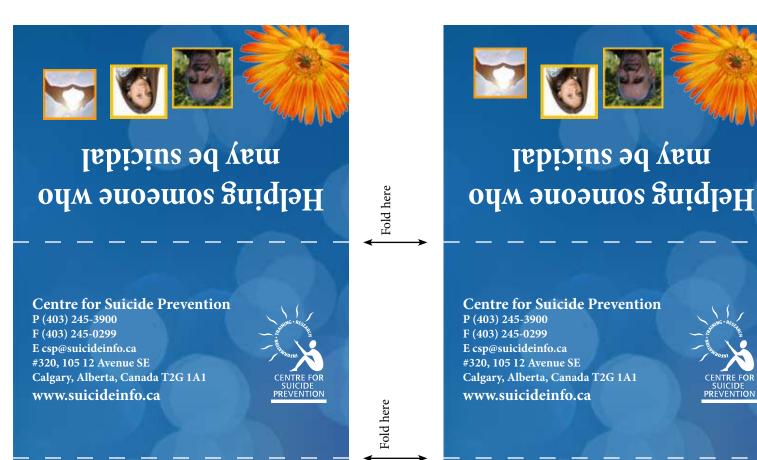
If someone you know: If someone you know: threatens suicide threatens suicide talks about wanting to die talks about wanting to die shows changes in behaviour, appearance, or shows changes in behaviour, appearance, or mood mood abuses drugs and/or alcohol abuses drugs and/or alcohol deliberately injures themselves deliberately injures themselves Fold here appears depressed, sad, withdrawn... appears depressed, sad, withdrawn... You can help! You can help! stay calm and listen stay calm and listen let the person talk about their feelings let the person talk about their feelings be accepting- do not judge be accepting- do not judge ask if the person is having suicidal thoughts ask if the person is having suicidal thoughts take all threats of suicide seriously take all threats of suicide seriously Fold here do not swear secrecy- tell someone do not swear secrecy- tell someone Get help- you can't do it alone. Get help- you can't do it alone. **Contact your: Contact your:** family, friends, relatives family, friends, relatives clergy, teachers, counsellors clergy, teachers, counsellors family doctor family doctor local or national crisis lines local or national crisis lines mental health services mental health services hospital emergency department hospital emergency department Information provided by the Centre for Suicide Prevention, Information provided by the Centre for Suicide Prevention, Copyright 2011 © Copyright 2011 ©

ask if the person is having suicidal thoughts shows changes in behaviour, appearance, or Information provided by the Centre for Suicide Prevention let the person talk about their feelings appears depressed, sad, withdrawn do not swear secrecy- tell someone take all threats of suicide seriously hospital emergency department deliberately injures themselves abuses drugs and/or alcohol clergy, teachers, counsellors Get help- you can't do it alone. local or national crisis lines be accepting- do not judge talks about wanting to die family, friends, relatives mental health services stay calm and listen If someone you know: threatens suicide family doctor Contact your: You can help! mood



Your local crisis line:



may be suicidal