

If someone you know:

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- appears depressed, sad, withdrawn...

Fold here

You can help!

- stay calm and listen
- let the person talk about their feelings
- be accepting- do not judge
- ask if the person is having suicidal thoughts
- take all threats of suicide seriously
- do not swear secrecy- tell someone

Fold here

Get help- you can't do it alone.

Contact your:

- family, friends, relatives
- clergy, teachers, counsellors
- family doctor
- local or national crisis lines
- mental health services
- hospital emergency department

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Helping someone who may be suicidal

Centre for Suicide Prevention
P (403) 245-3900
F (403) 245-0299
E csp@suicideinfo.ca
#320, 105 12 Avenue SE
Calgary, Alberta, Canada T2G 1A1
www.suicideinfo.ca



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