

Recognizing & helping someone at risk

Why early recognition matters: Identifying warning signs early can save lives. This guide provides clear steps to recognize risk, respond with care and connect to help.

WARNING SIGNS

- Talking about feeling hopeless or wanting to die
- Withdrawal from friends, family or activities
- Extreme mood swings or agitation
- New or increased substance use
- Giving away possessions or saying goodbye

WHAT TO SAY

I'm here for you. You're not alone.

It sounds like you're in pain. Let's talk.

I care about you and want to help.

IMMEDIATE ACTIONS

- Ask directly: "Are you thinking about suicide?"
- Listen without judgment and stay calm
- Do not leave the person alone if they are in immediate danger
- Contact crisis support or emergency services
- Remove means of harm if safe to do so

Crisis resources:

Talk Suicide Canada:
Call 1-833-456-4566 or
text 45645

Kids Help Phone:
Call 1-800-668-6868 or
text CONNECT to 686868

Suicide Crisis Helpline:
Call or text 9-8-8 toll-free,
24/7, in French or English

If in immediate danger, call 911.



REMEMBER

Recognizing risk and responding with care can save lives. Save crisis numbers on your phone in case you or someone you know needs help.