

Suicide Prevention is Everyone's Responsibility

When someone is feeling suicidal, it is often less about wanting to die, and more about feeling that they have run out of options and hope.

Suicide can be prevented.



HELPFUL TIPS

(see reverse side)

Additional suicide prevention training is recommended.



**Suicide Prevention
Community Council
of Hamilton**

HOPE, HELP & HEALING

www.spcch.org
info@spcch.org



[suicidepreventionhamilton](https://www.instagram.com/suicidepreventionhamilton)

For Immediate Risk 911

24/7 Crisis Support

**9-8-8
Suicide Crisis Helpline
24/7 Talk or Text**

**COAST
905-972-8338**

**Barrett Centre
905-529-7878**

**Kids Help Phone
1-800-668-6868**

**Good2Talk
1-866-925-5454
GOOD2TALK on 686868**

**Hope for Wellness
Help Line
1-855-242-3310**

Look for the invitations

1

What do you see and hear?

The person may have a range of emotions like feelings of hopelessness, despair, anger or numbness. The person may feel alone or withdrawn. The person may feel that they are a burden. The person may feel they have no purpose in life.

Has the person...

Lost someone close to them?
Experienced suicide before?

Been rejected?

Ask about suicide directly

2

If you have noticed any invitations, it is okay to ask openly and directly about suicide.

What to say

“Are you thinking about suicide?”

**You
can save
a life**

Benefits of talking openly about suicide...

- Allows the person to know they can trust you
- Allows the person to feel they are not alone
- Shatters stigma

Be there to listen

3

If the person answers yes to the question (in step 2) or you are still worried about them, be there by listening to what they are going through.

What to say

“This is important, let’s talk about this, I am listening.”

Keep them safe

4

After listening, find someone who can help keep them safe.

What to say

“We should get more help. I want to keep you safe by connecting you with someone who can help you.”

FOR IMMEDIATE RISK 911