

# SUICIDE PREVENTION INFORMATION SHEET

## 1. Look for invitations: 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 The person may feel alone or withdrawn.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.

They may express these feelings in a number of ways:

**Through their words:** “I don’t want to be here anymore.” “I can’t take this anymore.” “Everything is just so hard.”

**Through their actions:** Distancing themselves from family friends and responsibilities. Not responding to messages or invitations to chat or engage. Not willing to make any plans for the future.

**Other things to consider - Has the person:**

- Lost someone close to them?
- Been rejected?
- Or experienced any kind of loss?
- Experienced suicide before?

## 2. Ask openly and directly about suicide.

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

**What to say:** “Are you thinking about suicide?”

**Benefits of talking openly about suicide:**

- Allows the person to know they can trust you
- Allows the person to feel they are not alone, to feel they have been heard
- Shatters stigma that we shouldn’t be talking about suicide

## 3. If the person answers yes to the question 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.”

After listening, find someone who can help keep them safe. Below are a list of resources that you can use.

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

You can save a life. Ask about suicide directly.  
Be there to listen. Keep them safe.



Canadian Mental  
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