

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 The person may feel alone or withdrawn.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
Health Association

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