

If you are Feeling Suicidal... tell someone

You are not alone. Talk to a trusted friend, a parent, a coach, a counsellor.

Resources that Can Help

Kids Help Phone (24/7 phone counselling)	1.800.668.6868
Waterloo Region Crisis Line	519.744.1813
Front Door Child & Youth Mental Health	519.749.2932
24/7 on-line counselling service	www.kidshelpphone.ca
24/7 on-line counselling	www.yourlifecounts.org
Info & tools to help you manage stress & anxiety	www.mindyourmind.ca

Walk-in Counselling (18 and under) No appointment necessary

Front Door 1770 King St Kitchener	Wednesday 12 noon - 7:30 pm
Langs 1145 Concession Rd, Cambridge	Thursday 10 am - 5:30 pm (last appt. one hour before closing)

IF SOMEONE YOU KNOW:

- Threatens suicide
- Talks about wanting to die
- Appears depressed, sad, withdrawn...
- Deliberately injures themselves
- Shows changes in mood, behaviour, or appearance
- Abuses drugs and/or alcohol

YOU CAN HELP

- Stay calm and listen
- Let the person talk about their feelings
- Be accepting, do not judge
- Ask if they have suicidal thoughts
- Stay with the person until they are safe
- Take all threats of suicide seriously

Tell Someone
Do Not Swear To Secrecy

Call 911 if it is an emergency