

# 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 - Here 24/7 ..... 1-844-437-3247

Front Door Child & Youth Mental Health ..... 519.749.2932

24/7 on-line counselling service ..... [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

On-line counselling ..... [www.yourlifecounts.org](http://www.yourlifecounts.org)

Info & tools to help you manage stress & anxiety .... [www.mindyourmind.ca](http://www.mindyourmind.ca)

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

**Tuesday:** 12pm-6:30pm at Lutherwood, 35 Dickson St, Cambridge

**Wednesday:** 12pm-6:30pm at Front Door, 1770 King Street E., Kitchener

**Thursday:** 9am-3:30pm at Langs, 1145 Concession Rd., Cambridge

**Saturday:** 9am-3:30pm at Front Door, 1770 King Street E., Kitchener

In Ayr, Wellesley, New Hamburg or Elmira, call 519-749-2932 to arrange an appt.

(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- Appears depressed, sad, withdrawn...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