

Life

...it takes practice



Scan the QR code
for Youth Resources and
Web sites that can help



Waterloo Region Suicide Prevention Council



Waterloo Region
Suicide Prevention Council
www.wrspsc.ca

How do I help myself?

- Tell someone
- **Call crisis line**
(1-844-437-3247)
- Think of people you can call,
program their numbers into
your phone
- Go to a safe place
- Ask someone to stay with you
- Eat well and exercise
- Get more sleep
- Do a favourite activity
- Avoid drugs, alcohol,
and caffeine
- Call 911 if it's an emergency

How do I help a friend?

- Listen carefully
- Be patient and calm
- Ask if they are thinking about
suicide
- Don't keep it a secret
- Take all threats seriously
- Connect them to help
- Call the crisis line for advice
1-844-437-3247
- Call 911 if it's an emergency



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Check out the resources at: **www.wrspc.ca**