

Know the Signs

- . Depression, sadness or anger
- . Feeling hopeless or worthless
- . Withdrawing or isolating from others
- . Giving away personal possessions
- . Talking about 'reuniting' with loved ones
- . Preoccupation with health,
that something is "just not right"

Suicide Can be Prevented

Connect with people you trust.
Suicide can be prevented if we know
the signs and where to go for help.

Crisis Services of Waterloo Region
519.744.1813 1.866.366.4566

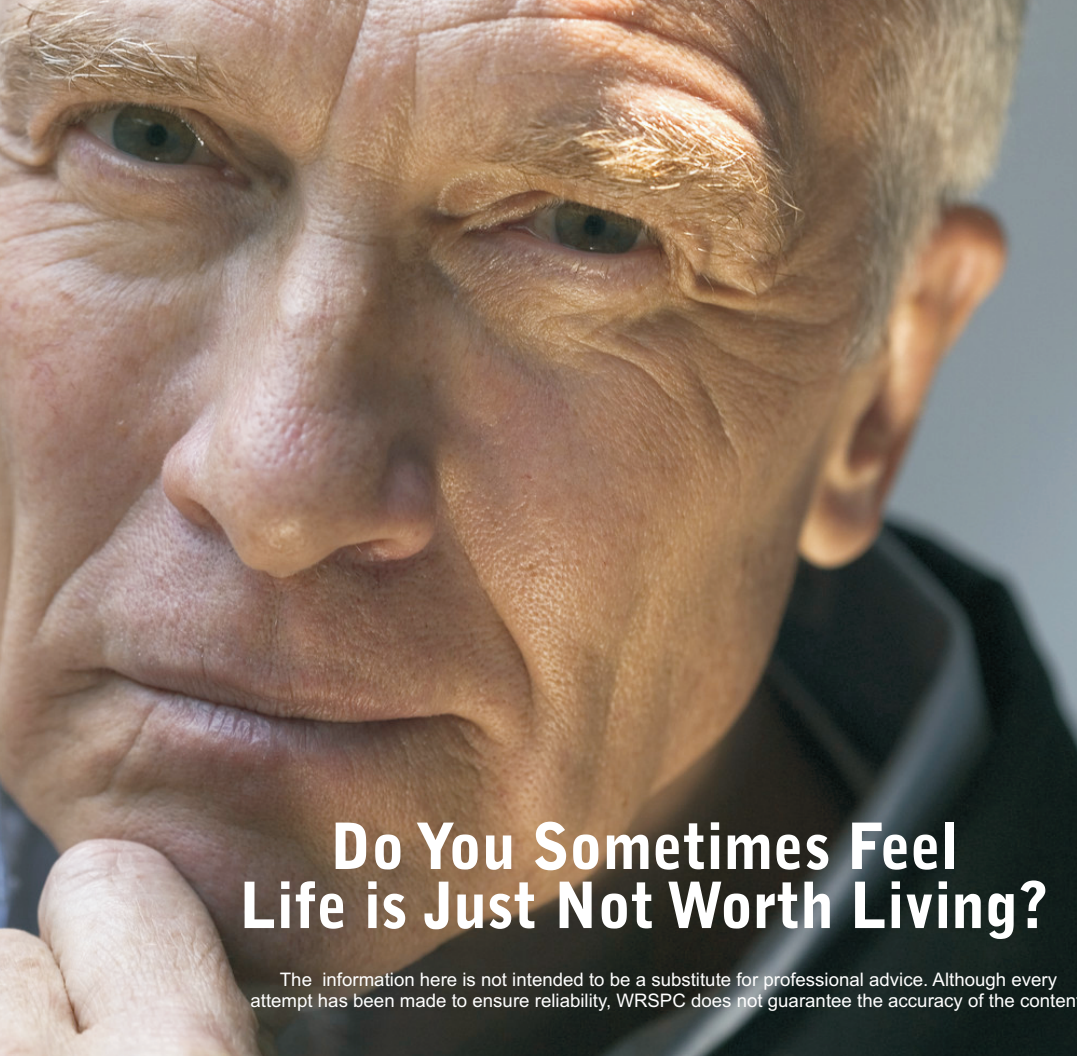


Do You feel Like a Burden to Others?

In an emergency
Call 911
or go to the nearest
emergency department

For more information contact
Waterloo Region
Suicide Prevention Council
www.WRSPC.ca
519.744.7645 Ext.310

This is a voice mail service and not a crisis line



Do You Sometimes Feel Life is Just Not Worth Living?

The information here is not intended to be a substitute for professional advice. Although every attempt has been made to ensure reliability, WRSPC does not guarantee the accuracy of the content.

Older Men are at Greatest Risk of Suicide

Depression is the most common mental health problem for older adults, but it is not considered a normal part of aging.

There is Help Let's Talk About It

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