

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

Waterloo Region Crisis Line - Here 24/7 1-844-437-3247

Kids Help Phone (24/7 phone counselling) 1.800.668.6868

24/7 online counselling service www.kidshelpphone.ca

Kids Help Phone Crisis Text Line Text CONNECT to 686868

Kids Help Phone Virtual Support Through Facebook Messenger

<https://kidshelpphone.ca/get-virtual-support-with-facebook-messenger/>

Info & tools to help you manage stress & anxiety www.mindyourmind.ca

Front Door Quick Access Service

Call 519-749-2932 'press 1' to book an appointment or contact

www.frontdoormentalhealth.com

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- Appears depressed, sad, withdrawn...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