

Resources that can help:

Here 24/7 Waterloo Region	1-844-437-3247
Talk Suicide Canada (24/7)	1-833-456-4566
TSC Cont'd	TEXT (4pm to 12:00am ET) 45645
Hope for Wellness Indigenous Help Line (24/7)	1-855-242-3310
ONTX Online and Text Crisis Service (2pm- 2am ET)	258258
.....	www.dcontario.org/ontx.html

Visit wrspc.ca for more resources and information including counselling and community supports, grief and bereavement resources, and mental health promotion information.

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- Appears depressed, sad, withdrawn...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 HERE 24/7 **1.844.437.3247**