

If you are Feeling Suicidal... Tell someone

You are not alone. Talk to a trusted friend, parent, coach or counsellor.

Resources that Can Help

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

Kids Help Phone (24/7) Services

Phone Counselling 1-800-668-6868

Crisis Text Line Text CONNECT to 686868

Live Online Chat kidshelpphone.ca/urgent-help

LGBT YouthLine Peer Support (Sun-Fri, 4pm-9:30pm)

Text Line 647-694-4275

Live Online Chat youthline.ca

Front Door - Access to Children's Mental Health Services

Call 519-749-2932 or visit 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- Appears depressed, sad, withdrawn...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
- Struggles with alcohol or drug misuse

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