

## Resources that can help:

Here 24/7 Waterloo-Wellington..... 1-844-437-3247

Suicide Crisis Helpline (24/7 call and text) ..... 988

Talk Suicide Canada

Call (24/7) ..... 1-833-456-4566

Text (4pm to 12:00am ET).....45645

Hope for Wellness Indigenous Help Line

Phone (24/7) ..... 1-855-242-3310

Online Chat (24/7).....[www.hopeforwellness.ca](http://www.hopeforwellness.ca)

Visit [wrspc.ca](http://wrspc.ca) for more resources and 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- Appears depressed, sad, withdrawn...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
- Struggles with drug or alcohol 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 HERE 24/7 **1.844.437.3247**