

# Supporting Men at Risk of Suicide

Suicide can be prevented, and we all have a role to play.

Understanding the warning signs for suicide can help to connect men to help and support.

## Warning Signs:

- Increase in anger, irritability or aggression
- Losing interest in activities they previously enjoyed
- Disconnecting from family and friends
- Increased alcohol consumption or drug use
- More risk taking with ambivalence about the consequences
- Denying or not experiencing emotions
- Making comments of hopelessness or expressing feelings of being a burden to others
- Talking about wanting to die or taking their own life



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If you believe someone is at risk for suicide:

### **Talk**

Start a caring conversation and share the reasons why you are worried about them. For some men, having this conversation while engaging in another activity (e.g. playing or watching a sport, going for a drive) can be more comfortable.

### **Listen**

Keep the conversation going by listening and asking open-ended questions. You don't need to offer solutions or try to give advice unless you are asked.

### **Ask**

If you continue to be worried, ask about suicide directly: "Are you thinking about suicide?". If they say yes, stay calm and support them in connecting to professional or community resources.

### **Connect to Help**

Help and support can include:

- Contacting a member of their support team and helping to schedule an appointment
- Helping them to find and access community resources, such as peer support programs
- Staying with them as they call or text 988, Canada's Suicide Crisis Helpline
- In an emergency, calling 911 or going with them to the nearest emergency room.

For more information and resources, visit [www.wrspc.ca](http://www.wrspc.ca)



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