

Suicide prevention

is everyone's responsibility

Suicide awareness

Suicide is one of the world's largest public health problems with almost one million deaths annually.

Every year, approximately 4,000 Canadians die by suicide;

Many more attempt

In Niagara, suicide is the leading cause of injury related death for 20-59 year olds and the second leading cause of injury related death for 15-19 year olds.

Suicide is preventable

Most people with suicidal thoughts do not want to die, they do not want to live with the pain any longer. Let them know help is available.

Know:

- **The facts**
- **The warning signs**
- **How to ask about suicide**
- **Where to get help**



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Warning signs of acute risk

- Threatening to hurt or kill oneself
- Talking or writing about death, dying or suicide
- Giving away possessions and pets
- Reconnecting with old friends
- Looking for ways to kill oneself by seeking access to firearms, pills or other means

Know how to help

Talk openly about suicide and take all threats seriously. Talking about suicide will not encourage someone to try it.

To find out if a person is thinking about suicide, ask "are you thinking of killing yourself?"

If the answer is yes, ask:

- a) "How are you going to kill yourself?"
- b) "When do you think you'll kill yourself?"
- c) "Do you have what you need to kill yourself?"

The more detailed and dangerous the plan, the higher the risk.

Do not agree to keep suicide plans a secret. Tell the person help is available.

When in crisis contact:
COAST (Crisis Outreach
and Support Team)
1-800-263-4944
For immediate risk
call 9-1-1



Know the warning signs

- Feeling hopeless, helpless, sad, depressed, lonely
- No sense of purpose in life
- Anxiety, agitation
- Unable to sleep or sleeping all the time
- Anger, rage, revenge
- Feeling trapped, like there's no way out
- Withdrawing from friends, family, society
- Acting restless or engaging in reckless activities
- Talking or writing about death, dying, suicide
- Dramatic mood changes
- Increased alcohol or drug use