



**KNOW WHAT TO DO.  
Preventing Youth Suicide.**



**Kids Help Phone: 1-800-668-6868**

**[www.reachoutnow.ca](http://www.reachoutnow.ca)**

## **Know what to watch for.**

- Changes in behaviours, friends, or normal activities
- Changes in physical health and/or hygiene
- Low energy, poor concentration
- Declining school performance
- Increased absenteeism
- Marked personality change
- Increased risky behaviour
- Prolonged negative mood or attitude
- Preoccupation with appearance and/or body image
- Comments about feeling worthless, helpless, or hopeless
- Comments about suicide and/or dying

## **Know what to do.**

- If there is an emergency, call 911 or go to the hospital
- Call a local crisis line (even if you are not the person in crisis)
- Stay calm and listen
- Be sensitive to how the person is feeling
- Never swear secrecy
- If you have noticed warning signs, talk with the person about what you have observed
- Educate yourself on local services that can help
- For students, contact school principal and school counsellor
- Give the person the crisis line phone number on this card
- Don't forget to take care of yourself – it's especially important when supporting others!

## **Know what to say.**

- Say something! Don't be afraid of sounding clumsy
- Be patient, compassionate, and non-judgmental
- Ask the person how they are feeling and if they are thinking of suicide
- If someone is suicidal, talking about suicide will not put them at greater risk
- Really listen. Give 100% of your attention
- Be sensitive, but direct
- Let the person know you are concerned, and give examples of why
- Example: "I've noticed that you've been not yourself lately, I'm concerned about you. Could we talk about it?"

## **Creating a suicide safer community.**

Ottawa's Community Suicide Prevention Network includes over 50 organizations, brought together in 2011 by a growing concern about youth suicide and a desire to provide hope and help for youth who are at risk. We are working together to make Ottawa and the surrounding region, a suicide safer community.

For more information or to get involved, please visit us at [facebook.com/PreventingSuicide](https://facebook.com/PreventingSuicide).

Developed by the Community Suicide Prevention Network - [www.cspn-rcps.com](http://www.cspn-rcps.com)