

Know the Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss or change.

- Talking about killing oneself or wanting to die; searching for ways to self-harm.
- Referring to others being better off without them or having no reason to live.
- Mentioning feelings of hopelessness, being trapped, or unbearable pain.
- Talking about feelings of guilt and shame or being a burden to others.
- Acting anxious or agitated; behaving recklessly.
- Increasing the use of alcohol or drugs.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Extreme mood swings, showing rage, or talking about revenge.
- Wrapping up loose ends, giving away personal items and saying goodbye to loved ones.

Suicide Is Preventable

Call Crisis Services Canada

1-833-456-4566



Mental Health and Suicide Prevention Initiative

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btshelp.org/mentalhealth