

Do you think someone you know is Suicidal?

The pain of depression can be so debilitating that suicide becomes a solution. But suicide is a permanent end to a temporary problem. If you think someone you know is suicidal it can be scary and very worrisome. Below is a list of suicide warning signs. It is important to remember that the signs may be very subtle or obvious.

Here are some common warning signs:

- sudden **change in behaviour** (for better or worse)
- **withdrawal** from friends and activities
- **lack** of interest
- increased use of **alcohol and other drugs**
- **recent loss** of a friend, family member or parent, especially if they died by suicide
- conflicting feelings or a sense of **shame** about being gay or straight
- mood swings, emotional outbursts, high level of irritability or aggression
- feelings of **hopelessness**
- preoccupation with death, **giving away** valued possessions
- **talk** of suicide: for example "no one cares if I live or die"
- making a **plan** or increased risk taking
- writing or drawing about suicide (in a diary, for example)
- giving away belongings
- talking like people would be better off without them around

People who share their suicide plans often demand secrecy from their friends. But when a life is at risk, requests for confidentiality must be ignored.

You can help by:

- Ask if they **have thoughts of suicide**
- Do they have **plans, means**, or have made **prior attempts**. If they answer yes then get the help immediately and ensure they are not alone.
- **Get others involved** so they can always be with some
- Listen to their thoughts and pain **without judgement**
- Show your love through talk, hugs, just being with them
- Do not offer quick solutions as it may unintentionally belittle the concerns
- Help them see **positive possibilities** in their future
- **Guide them to other sources of help as soon as possible**, such as a counsellor, or community crisis lines listed in your telephone book
- Get them to their **family doctor**

It is so scary to think that someone you know might end their life. You can feel powerless and not sure what to do. Family TLC knows what you can do and can help you get your friend or family members the help they deserve.

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