### Good practices in suicide prevention

#### Identify the signs of distress
- Behavioural changes (isolation, changes in sleeping patterns or appetite, increased substance use, etc.)
- Signs of despair in the person’s speech, impression that their situation cannot change or improve
- Verbalization related to death, desire to disappear (messages can be clear or masked)

#### Address suicide directly
- Based on your observations and impressions that worry you, check for the presence of suicidal ideas
- Ask if the person has thought of a scenario for committing suicide (how, where, when, preparations, access to means)

#### Support the person in getting help or in their daily life
- Give the message that asking for help is a sign of strength and courage
- Offer to accompany the person to an appointment (at the CLSC, doctor’s office, hospital, crisis center, etc.)
- Offer information on different resources that can help the person
- Offer to help in everyday life (cooking meals, doing activities to take the person’s mind off things, clean the person’s house, etc.)

#### Take interest in the person
- Rappelez-vous qu’une personne qui pense au suicide souhaite arrêter de souffrir, pas mourir
- Réfléchissez-lui ses forces, ses qualités, ses compétences qui lui ont permis de surmonter d’autres épreuves dans le passé
- Permettez-lui de décrire un futur où la souffrance sera moins présente, à se l’imaginer

#### Take care of yourself and respect your limits
- Supporting a suicidal person should never be the sole responsibility of one person: involve other family members or professionals who can help
- Set aside time for pleasant, relaxing activities
- If necessary, go and see a doctor yourself

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**Don’t stay alone with your worries**

**CALL 1-866-APPELLE (277-3553)**

or visit suicide.ca