

FREQUENTLY ASKED QUESTIONS

How do I know if someone is considering suicide? People at risk may:

- make threats, talk of, or joke about dying
- make final arrangements, give away possessions, say good-bye
- appear depressed/an or withdrawn
- take unnecessary risks
- show a sudden change in behaviour, attitudes or appearance. Sometimes people at risk for suicide suddenly appear happy...as if relieved
- have attempted suicide in the past
- withdrawn from family and friends
- express feelings of hopelessness and helplessness
- Read more on the warning signs of suicide in the booklet provided in the link below(page7).

What should I do if someone is thinking of suicide?

- ask directly if they have thoughts or plans of ending their life
- try to listen without judgment
- encourage reaching out for help: offer to accompany the person at risk for a crisis walk-in session or to the closest hospital emergency department
- don't keep someone's suicidal thoughts a secret
- get others involved, never try to help by yourself...it takes a group of caring people, including professionals, to keep someone at risk safe
- Ask directly if they have plans of ending their lives
- Listen without judgement
- Encourage them to reach out

How much do I pay for the sessions?

- Services are provided at no cost to you.