

# Should we talk about suicide?



## How can you help?

### 1. STOP! LISTEN!

- \*I take your problems seriously.
- \*I care enough to want to help.

### 2. ASK ABOUT SUICIDE.

- \*This will free them to express their feelings and reach out for help.

### 3. IF THE ANSWER IS "YES"

- \*Do they have a plan?
- \*Are they mentally prepared?
- \*Is there anyone they can turn to for support?

### 4. GET HELP!

- \*Students - Get adult help.
- \*DO NOT agree to keep it a secret.

**Suicide  
prevention  
is everyone's  
business!**

### For more information, or to get help:

CMHA: 1.800.461.5483  
Health Line: 1.877.800.0002  
Kids Help Phone: 1.800.668.6868  
Farm Stress Line: 1.800.667.4442  
Sask Youth Net: [www.saskyouth.com](http://www.saskyouth.com)  
Hospital Emergency Department: 911



Canadian  
Mental Health Association  
(Saskatchewan Division) Inc.

2702 - 12th Avenue, Regina, SK S4T 1J2  
Ph: 306.525.5601 Fax: 306.569.3788 Toll Free: 1.800.461.5483

e-mail: [friends@cmhask.com](mailto:friends@cmhask.com)

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