

# SUICIDE IS ABOUT PAIN

## Pain can be hidden.

Everyone struggles with emotional pain. For some the intense sadness leads to a belief that their life has no meaning and there is no hope. Someone thinking about suicide may be frightened, confused or even ashamed about what they are going through. This makes it too difficult to talk or to ask for help. Instead, they hide their pain. You can help. See the signs, start the conversation, connect to support.



## See the Signs



The warning signs of suicide are not always obvious and so it is important to be alert and aware of what to look for.

- Talking about wanting to die or suicide
- Looking for a way to end their life like searching online or buying a weapon or drugs
- Feeling hopeless, desperate, trapped
- Giving away possessions
- Putting affairs in order
- Reckless behavior
- Uncontrolled anger
- Increased drug and alcohol use
- Withdrawal from friends, family, activities
- Anxiety or agitation
- Changes in sleep
- Sudden mood changes
- No sense of purpose

### Are you concerned about someone?

If you become concerned, especially after a painful event, loss or change in someone's life, it is time to start a conversation. Get information on how to help from **Here 24/7**.

## Start the Conversation



It takes courage to ask the question "Are you thinking about suicide?" It is also the greatest gift you can give to someone. It can uncover the hidden pain and provide a way forward towards life. Once you have had a chance to listen, connecting to support is essential.

1. Start by telling them why you are concerned, share what warning signs you have noticed.
2. Ask: "Are you thinking of ending your life?"
3. Listen with compassion for all the hidden sources of pain. This sets the stage for moving forward.



### Worried about the conversation?

You don't need to do it alone. Reach out to **Here 24/7**.

## Connect to Support

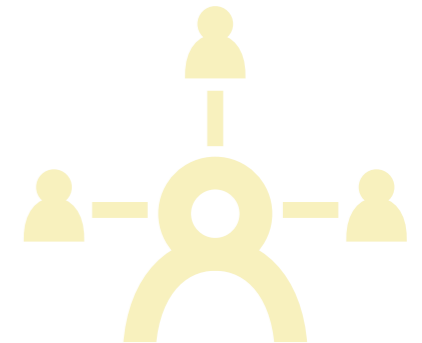


Support is available. They can help a person sort through the pain, understand suicide and help them to stay safe. Connecting to supports familiar with suicide is always necessary.



### In a Crisis?

If someone is actively suicidal (has the thoughts, means and/or a plan), don't leave them alone. Call **Here 24/7** for immediate help.



**Here 24/7** is your front door to addictions, mental health and crisis services. They will be your guide, figure out your needs and help you navigate the system.



Call anytime to access **Addictions, Mental Health & Crisis Services**

**1-844-437-3247** (Here247)

TTY: 1-877-688-5501