



REDUCE SUICIDES BY CREATING A SAFER HOME

Follow these practices to keep your loved ones safe.

MEDICATIONS

Safely dispose of unused or expired medications.

Lock and limit prescription and non-prescription medications.

CHEMICALS

Lock, store, or keep harmful chemicals out of reach.

ALCOHOL

Limit the amount and store responsibly.

KNOW YOUR LOCAL DISTRESS CENTRE

Know how to reach your local distress or crisis centre. Access them as needed.

CAR KEYS

Keep car keys hidden or in a safe place when not in use.

LISTEN

Listen non-judgmentally.

FIREARMS

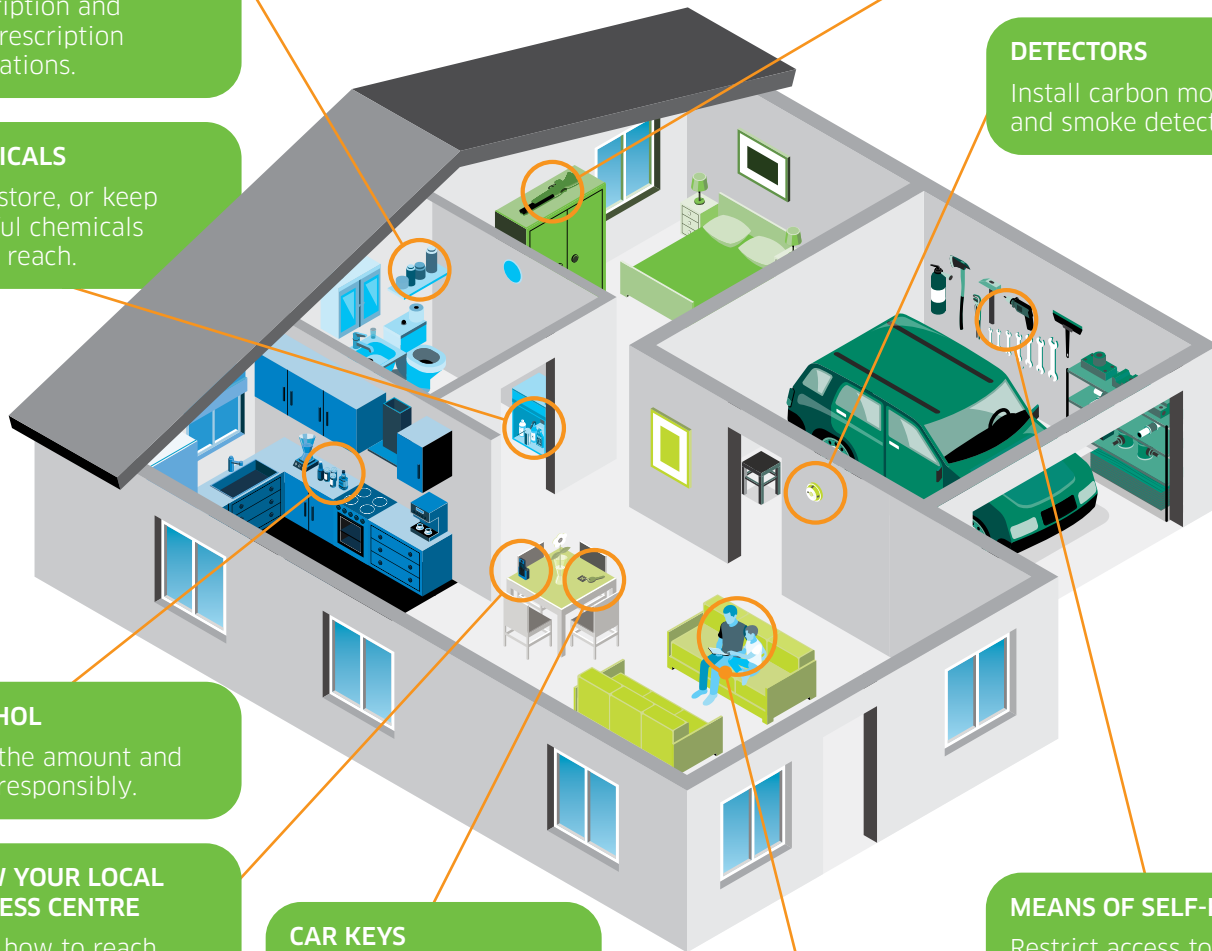
Remove or lock firearms and store them separately from ammunition.

DETECTORS

Install carbon monoxide and smoke detectors.

MEANS OF SELF-HARM

Restrict access to cords, ropes, knives, and other potential means of self-harm.



Adapted from "Helping children and youth who are feeling suicidal" from CHEO / eMentalHealth.ca.



1 844 437 3247
(HERE247)

Call anytime to access
Addictions, Mental Health
& Crisis Services

Waterloo-Wellington

Together,

We make a difference!

A Community Suicide Prevention Project
www.mentalhealthcommission.ca/English/roots-hope



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