Worried about someone?

Here's what you can do.



suicideinfo.ca



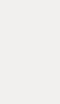
views and opinions of the Government of Canada.



Online version:

Scan the QR code or visit atl-as.ca/suicide-preventionconversation-guide

atlasveterans.ca



Pay attention

Saying that their life sucks, they're a

Appearing distant or more tired than usual

burden or have no purpose

not be doing well. These changes could include:

A conversation like this needs time and attention, so choose a

Any noticeable change in behaviour is a sign someone might

- While driving in the car or on a walk
- At a favourite hangout (e.g., park, coffee shop)
- While doing an activity together (e.g., gardening, shooting hoops, camping)

Using more alcohol, cannabis or other

Being more sad, anxious, irritable

substances than usual

or reckless

Know your role

- You're a friend, Family member, or acquaintance - not a counsellor. You're not there to solve their problems or to rescue them. You are there to listen and to encourage hope and support seeking.
- There are different approaches you can take (connector, supporter or caregiver), depending on your capacity. For more information, check out our toolkits for **Veterans and Veteran Families** (atl-as.ca/suicide-prevention).

Start a conversation

quiet, comfortable spot where you can have privacy.

- On the phone or in a private message

Mention the changes you've noticed but don't blame or shame them.

- "You haven't seemed like yourself lately. Is "I haven't seen you around much these everything okay?"
- "I noticed you've been giving away a lot of your stuff. Are you okay?"
- days. Is everything alright?"

Be prepared for a range of responses.

- Some people may get defensive, shut down, brush off your concerns, or say they don't want to talk, while others may open up more easily.
- The conversation may become very serious or intense, so it's important to think through ways to keep the conversation safe for everyone.

Keep it going

Ask questions and listen to what they're saying.

- Avoid instantly problem-solving: "The other day you said you feel like a burden to your Family... what do you mean by that?"
- Back them up and acknowledge their feelings: "That sounds really difficult."
- Don't make it seem like they're overreacting, and don't change the subject.
- Be direct in your language. If you're still worried about them, ask: "Are you thinking about suicide?" If they say yes, don't panic.
- Let them know you're there for them. "Thanks for telling me. That can be really hard to do. I'm here if you want to talk more."
- Don't force a conversation if they're not ready: "I'm here if you ever want to talk about it."

Stick to your role

Do your best to encourage hope and support seeking.

- Ask if they have others they can reach out
 If you feel up to it, check in with them to for support and ensure they contact those supports.
- Call the Suicide Crisis Helpline together at 988 or Veterans Affairs Canada crisis line at 1-800-268-7708.
- often and continue to offer support after your initial conversation: "I'm thinking about you. How have you been since we last talked?"
- If they have immediate plans to die, contact **911** and ensure they're not left alone.



Look after yourself, too

Your own wellbeing is a priority.

- Acknowledge that whatever range of emotions you may be feeling is completely normal.
- Do something you enjoy after your conversation.

The work of the Atlas Institute for Veterans and Families is made possible thanks to funding from Veterans Affairs Canada. **Disclaimer**: Views and opinions expressed are solely those of the Atlas Institute for Veterans and Families and may not reflect the