

## Help is available.

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### Suicide Crisis Helpline

Call or text **988**

### Hope for Wellness

*(for Indigenous people)*

Call **1-855-242-3310**

### Kids Help Phone

Call **1-800-668-6868** or  
text **CONNECT** or **CAFKIDS**  
to **686868**

### Veterans Affairs Canada crisis line

Call **1-800-268-7708**



More military and  
RCMP Veteran and  
Family resources are  
available here:

[atl-as.ca/suicide-prevention](http://atl-as.ca/suicide-prevention)

# Worried about someone?

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*Here's what you can do.*



centre for  
suicide prevention



ATLAS INSTITUTE FOR  
VETERANS AND FAMILIES

Military and RCMP Veteran and Family  
suicide prevention resource series

## 1 PAY ATTENTION

Any noticeable change in behaviour is a warning sign.

- Not texting or calling as much
- Talking about how much life sucks, being a burden or lacking purpose
- Being more sad, anxious, irritable or reckless

## 2 KNOW YOUR ROLE

You're a friend, Family member, or acquaintance – not a counsellor.

## 3 START A CONVERSATION

A conversation like this needs time and attention.

- Choose a quiet, comfortable setting
- Mention any changes you've noticed
- Be prepared for a range of responses

## 4 KEEP THE CONVERSATION GOING

Listen and ask questions. Be direct about suicide and let them know you're there for them.

## 5 STICK TO YOUR ROLE

- Encourage them to reach out to others
- Call the Suicide Crisis Helpline together at **988**
- Check-in with them
- Call **911** if they have immediate plans to die

## 6 LOOK AFTER YOURSELF, TOO

Acknowledge how you're feeling. Do something you enjoy after your conversation.