

“CELEBRATE LIFE” RESOURCE HANDOUT

"SUICIDE IS A REALITY"

WATCH – LISTEN - TALK – CALL

WATCH FOR WARNING SIGNS

- CONTINUAL SADNESS, FATIGUE, DEPRESSED MOOD
- LOSS OF MOTIVATION OR INTEREST IN ACTIVITIES
- DRUG AND/ OR ALCOHOL ABUSE
- IRRITABILITY, INCREASED CRYING, ANXIETY/PANIC ATTACKS
- DIFFICULTY CONCENTRATING, OR MAKING DECISIONS
- SLEEP DISTURBANCE, WAKE-UPS, INSOMNIA, OVERSLEEPING
- ISOLATION FROM FAMILY AND FRIENDS
- GIVING IMPORTANT PERSONAL THINGS AWAY
- SUDDEN HAPPINESS, CALMNESS AFTER BEING DEPRESSED

LISTEN FOR WARNING SIGNS

- COMMENTS ABOUT DYING, PREOCCUPATION WITH DEATH
- SAYING GOODBYE THROUGH WORDS OR GIFTS
- TALKING OF SUICIDAL THOUGHTS OR IDEAS
- SHARING FEELINGS OF WORTHLESSNESS, HELPLESSNESS, HOPELESSNESS, EMPTINESS

TALK ABOUT SUICIDE

- ASK QUESTIONS " DO YOU THINK OF TAKING YOUR OWN LIFE?"
- "DO YOU HAVE A PLAN?"
- "DO YOU HAVE ACCESS TO CARRY OUT THE PLAN?"
- "DO YOU KNOW WHEN YOU WOULD DO IT?"

CALL FOR HELP

- NEVER KEEP A PLAN FOR SUICIDE A SECRET!
- CALL THE POLICE
- CALL SUICIDE HOTLINE (24 hours 7 days week)
- DO NOT LEAVE THEM ALONE
- TAKE THEM TO EMERGENCY CLINIC

KIDS HELP PHONE YOUTH & ADULTS

1-800-668-6868

1-866-277-3553

kidshelpphone.ca

Montreal: SUICIDE ACTION 514-723-4000

SIDE BY SIDE COUNSELLING RESOURCES

514-937-2300 Gordon Johnston 'Celebrate Life'

e-mail: gordonajohnston@hotmail.com

"CHOOSE TO LIVE NOT DIE"