



RECOGNIZING SIGNS OF DISTRESS ASSOCIATED WITH **SUICIDE**

EMOTIONAL

- Symptoms of depression
(sadness, lack of emotions, etc.)
- Symptoms of anxiety
- Irritability, anger or impulsivity
- Loss of interest in regular activities
- Hopelessness

COGNITIVE

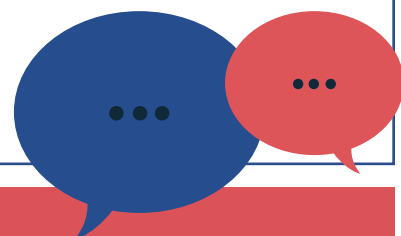
- Difficulty concentrating
- Incoherent or confused speech
- Lack of motivation
- Memory loss

BEHAVIOURAL

- Behavioural changes
(sleep, diet, activities, relationships,
alcohol consumption or drug use, etc.)
- Person suddenly appears relieved
or happy even though their
problems haven't been solved
- Isolation
- Neglected appearance or hygiene
- Giving away belongings
- Sudden interest in suicide and
ways to take one's own life
- Writing a suicide note

MESSAGING

- "Soon you'll have some peace
and quiet. I'll be out of your hair."
- "I'll never get through this."
- "I don't want to do this anymore."
- "You'd be much better off without me."
- "Life's not worth living."
- "I want to kill myself."
- "I'm going to kill myself."



WORRIED ABOUT SOMEONE?

If you're concerned about someone you know, you can get assistance at any time from a suicide prevention counsellor who will support you and provide tools to help you get through the situation.

 Call **1-866-277-3553**

 Text **535353**

 Chat at **suicide.ca**

These resources are **confidential** and available **24/7**
throughout Quebec free of charge.