



# Know When To Ask About Suicide

- I** Ideation (suicidal thoughts)
- S** Substance Abuse
  
- P** Purposelessness
- A** Anxiety
- T** Trapped
- H** Hopelessness/Helplessness
  
- W** Withdrawal
- A** Anger
- R** Recklessness
- M** Mood changes



CASP/ACPS

If you or someone you know is having thoughts  
of suicide call the Manitoba Suicide Line

1-877-435-7170 or visit [www.reasonstolive.ca](http://www.reasonstolive.ca).

**Winnipeg**  
**Suicide Prevention**  
**Network**

# KNOW WHAT TO DO TO HELP PREVENT SUICIDE

## TALK\*

- T - TELL** -If you are having thoughts of suicide TELL someone exactly what you are saying to yourself, as directly and clearly as possible. Don't stop at one person, find several people who take you seriously and are willing to help.
- A - ASK** - Once you have a suspicion that someone might be thinking about suicide ASK them exactly that, as directly, clearly and as soon as possible.
- L - Listen** - Encourage the person to TALK by being a good LISTENER. Their TALKING (to someone who is really LISTENING) can be very helpful, all by itself.
- K - KEEP SAFE**- Now is not the time to solve all the problems. NOW is the time to do something that keeps them safe. Do not promise secrecy. Remove means that might be used to complete a suicide act. GET HELP!

*\*Source: Suicide TALK-LIVINGWORKS*

Manitoba Suicide Line **1-877-435-7170** Learn more about how to help by visiting

Winnipeg  
Suicide Prevention  
Network

  
LivingWorks

LivingWorks  
<http://www.livingworks.net>

Canadian Association  
for Suicide Prevention  
[www.casp-acps.ca](http://www.casp-acps.ca)

