

# Help & Hope

Be the light for someone that may be suffering. Pain and loss can make anyone at any stage in life think about suicide. Listen, understand, talk about it...

Our connection to each other can offer a ray of hope...

If you or someone you know is thinking about suicide, reach out, talk, you are not alone, there is always someone listening.

- **KSCS** 450-632-6880  
(after hours call PK's)
- **Peacekeepers** 450-632-6505  
(out of town – **911**)
- **First Nations and Inuit Hope for Wellness**  
(for any crisis, 24/7) 1-888-242-3310
- **Suicide Crisis** 1-833-456-4566 (National)
- **Suicide Hotline** 514-723-4000 (Montreal)  
450-699-5935 (Chateauguay)
- **Kids Help Phone (ages 5-29)**  
1-800-668-6868  
**Text "connect" to 686868**



Some people will show signs that they may be thinking about suicide. If you notice any of these it's ok and actually helpful to ask what they mean to the person and if this is causing them to have thoughts of suicide. Ask, listen, help...

Signs and behaviours that might suggest that someone is at [risk of suicide](#) include:

- withdrawal from family, friends or activities
- feeling like you have no purpose in life or reason for living
- increasing substance use, like drugs, alcohol and inhalants
- feeling trapped or that there's no other way out of a situation
- feeling hopeless about the future or feeling like life will never get better
- talking about being a burden to someone or about being in unbearable pain
- anxiety or significant mood changes, such as anger, sadness or helplessness

This is not an exhaustive list, if you get the feeling that something isn't right, ask, explore and try to find out what the person is feeling. If it's you that is feeling this way, reach out. *It really is okay to not be okay.*

## How to help someone in crisis

Talking honestly, responsibly and safely about suicide can help you determine if someone needs help. If you want to help someone in crisis, try:

- listening and showing concern
- showing concern can be an immediate way to help someone
- listening won't increase the risk of suicide and it may save a life
- talking with them and reassuring them that they're not alone
- letting them know you care

connecting them with a:

- crisis line
- counsellor
- trusted person (neighbour, friend, family member or Elder)
- in an emergency, contact the Peacekeepers.

Just don't leave them alone....