



I'm worried about someone

I can take action !



Is someone worrying you and you don't know what to do ?

Have you heard someone in your circle talk, more or less clearly, about suicide ?

Are you noticing concerning signs in someone, without really knowing what's going on ?

We are convinced that you can take action in one way or another.



Taking action means paying attention and recognizing the signs

Some signs can be misleading. A person thinking about suicide does not necessarily appear depressed. They may hide their sadness behind a “clown” or “tough” persona.

A suicidal person often finds it easier to confide in someone close whom they trust (friend, parent, teacher, professional).

What a suicidal person needs is to find someone who can support them, help them face their problems one at a time...
In short, help them regain hope.

A person who comes to the conclusion that suicide is the only way to end their suffering and who plans their action may seem relieved, happy, or even euphoric. Their attitude may make us believe the crisis is over.

It is important to keep in mind that a sudden improvement in mood can be a warning sign of a suicide attempt. When in doubt, it is better to talk about it directly with the person.

In all cases, a suicidal person feels overwhelmed by the magnitude of their problems. From their perspective, there are no other solutions than suicide to end their suffering.

**It can be difficult to support someone you are worried about.
Do not wait, call us. You will receive information, help, and support.**

For follow-up with a member of JEVI's intervention team :

819 564-1354

**Provincial suicide prevention
services available 24/7**

Provincial suicide prevention line : **1 866 APPELLE (277-3553)**
Chat : **suicide.ca**
Text : **535353**

Taking action means assessing urgency

It is extremely important to confirm whether the person is thinking about suicide. This step is not easy, but it is the most important of all. The question must be asked directly and clearly: “You don’t seem like yourself lately. I can see that you’re not doing well. Are you thinking about suicide?” Even though it is very difficult, asking the question so openly sends the message that you are ready to hear the answer.

Avoid asking the question in a way that suggests an answer: “You don’t seem like yourself lately. I can see that you’re not doing well. You’re not thinking about suicide, right?” Asking it this way sends the message that you are uncomfortable hearing their thoughts.

If the person says yes, that they are thinking about suicide, ask for more details and find out how far they have planned their action (what method would they use? Do they know where? When?).

The more planned the act is, the more direct you must be and the more quickly you must act. It is then time to involve a professional.

Secrecy or discretion ?

Keeping a secret that has been entrusted to you can limit possible interventions and make you carry the responsibility for the other person’s well-being alone. Without keeping it a secret, it is still possible to commit to being discreet with your loved one, with full respect.

Taking action means offering support

Offering support first means taking the person seriously, avoiding making fun of them, moralizing, or challenging them. **It is very important to express your concerns, listen to them, show that you understand the depth of their distress, and show your care.**

Supporting the person in their search for solutions and help, while respecting your own limits and not doing everything for them, is also a good way to help a suicidal loved one.

However, do not forget to seek information and support for yourself so that you can better help your loved one in distress.

Taking action is also about attitude

The idea that someone you care about could be suffering so much that they are thinking about ending their life is unbearable. Many emotions can arise: incomprehension, helplessness, anger, worry...

Sometimes, we prefer to deny the situation, tell ourselves it is not that serious and that it will pass. Or we may think what the other person is going through is minor, when for them it is deeply painful.

Let’s try to move beyond our fears and prejudices and take action!