



5 steps to help prevent suicide:

- 1 Listen **attentively**
- 2 Talk with the person and **reassure them that they are not alone**
- 3 Let the person **know you care**
- 4 Stay in touch **to show support**
- 5 Help the person **connect with a:**
 - Crisis line
 - Counsellor
 - Trusted person

**Call or Text:
(24/7)**

9-8-8

**Suicide Crisis
Helpline**

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