

# Signs **you** or **someone you know** may need help

## Thinking or talking about:

- Suicide
- Wanting to die

## Feeling:

- Hopeless about the future or like life will never get better
- Lonely and disconnected
- Like they have no purpose in life or reason for living

## Changing behavior, such as:

- Seeming angry, short-tempered or irritated
- Changing eating and sleeping habits
- Increasing substance use
- Giving away possessions
- Increasing high risk behaviours
- Withdrawing from family, friends or activities normally enjoyed
- Saying goodbye or talking about what will happen after death
- Anxiety or significant mood changes, such as anger, sadness or helplessness

If these apply to **you** or **someone you know**, get help as soon as possible, especially if the **behavior is new or has increased** recently.

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

**9-8-8**

**Suicide Crisis  
Helpline**

