



Other Resources

The **NWT Help Line** is available 24 hours a day, 7 days a week. Call 1-800-661-0844.

Who Can Help?

- Reach out to a friend or someone you trust.
- Contact your local Community Counselling Program for support and to learn more about suicide prevention and intervention.
- RCMP, Emergency Wards of local Hospitals and Health Centres.
- 24 Hour support: Kids Helpline: 1-800-668-6868.
- 24 Hour Support: NWT Helpline: 1-800-661-0844.

Preventing Suicide Where to get help in the NWT

If you would like this information in another official language, contact us at 867-920-3367.
Si vous voulez ces informations dans une autre langue officielle, téléphonez-nous au 867-920-3367.



Suicide

People can become overwhelmed by problems in their lives and feel that suicide is the only way to end their pain. If you know someone who is talking about suicide you need to take them seriously.

Warning Signs

Here are some examples of warning signs that someone may be thinking about suicide:

- They have a prior history of suicide attempt or thoughts about suicide.
- They make jokes or talk about it.
- They take risks or act like they don't care about themselves.
- They show a strong interest in death, such as making a will or giving away their favourite things.
- They start to drink or use drugs or increase their use.
- They show major changes in their behaviour.

What To Do To Help

Listen

Listen carefully and think about the meaning behind their words and body language.

Keep Trying

Ask the person what is wrong and encourage them not to give up. People thinking about suicide feel very alone.

Ask Questions

Asking questions is very important and will not encourage someone to engage in suicidal behaviour. Ask direct questions, such as whether they will attempt suicide or how or when they will attempt suicide. The more dangerous the method or detailed plan they have, the greater the risk.

Get Help

Never agree to keep someone's suicide intentions a secret. If you think the person may kill themselves soon, do not leave them alone.

What About You

Do you feel hopeless? Have no choices in life?
Thoughts about suicide?

You are not alone.

Other people have felt the same way. Help is available.
Contact your local Community Counselling Program.