

# SUICIDE

AFFECTS US ALL

Find your **hope**  
We can **help**

Talk to us if you or  
someone you know is  
**thinking about suicide**  
or **dealing with a**  
**suicide loss.**

Call the **Manitoba Suicide Line** • Toll Free 24 HRS

**1-877-435-7170**

[www.reasontolive.ca](http://www.reasontolive.ca)

**REASON TO** *Live*

# KNOW SUICIDE'S WARNING SIGNS

- ⓘ Ideation (suicidal thoughts)
- Ⓢ Substance Abuse
- Ⓟ Purposelessness
- Ⓐ Anxiety
- Ⓣ Trapped
- Ⓜ Hopelessness/Helplessness
- Ⓦ Withdrawal
- Ⓐ Anger
- Ⓡ Recklessness
- Ⓜ Mood changes

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