

Signs of Suicide: What to Say, Do

What to say

Always assume that part of the person still wants to live, otherwise he or she would not be talking to you. Here are some things you can say:

“You don’t have to handle this alone – I will support you”;

“I’m glad you told me this. I will find someone we can talk to”;

“I’ll go with you to talk to someone who can help”;

“If you need some other support to help you through this, I will do my best to find it”

What to do

Praise the person for talking about their feelings. Encourage them to continue reaching out for help. They can call the MFRSL (1-866-367-3276, Monday to Friday 10 Am – 9 PM, Saturday Noon - 5 PM), or Klinic’s 24-Hr. Crisis Line (1-888-322-3019). The Manitoba Suicide Line is also available as a resource 24 hrs and the toll-free number is 1-877-435-7170.

Other local crisis lines or agencies may also be available in your region. IMPORTANT: If you fear that a suicide attempt is probable or imminent, take the person to the local hospital or contact your local RCMP detachment.

(Sources: Saskatchewan Farm Stress Line, Western Producer, Jan. 2, 2003)