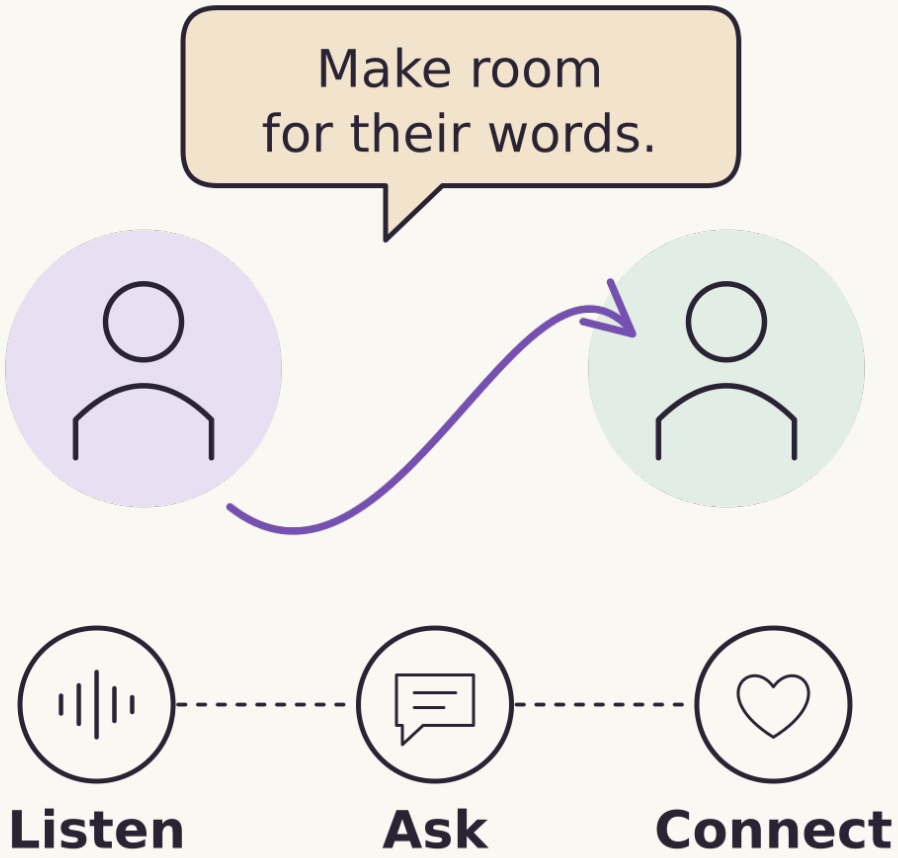
SUPPORTING SOMEONE

Be with someone in distress

You do not need to solve everything to offer support.



Listen: Give them space to speak. Avoid judging or rushing to advice. Ask directly: If you are worried about suicide, ask: "Are you thinking about suicide?" Connect with help: In Canada, either of you can call or text 9-8-8, any time. Immediate danger or serious injury: call 911 in Canada. Elsewhere, use local emergency or crisis services.

Reading: 9-8-8 Canada: Talk to someone you are worried about