

<https://www.crisisservicescanada.ca/en/>

<https://suicideprevention.ca/>

<https://www.crisistextline.ca/>

symptoms?

Suicide warning signs or suicidal thoughts include:

- Talking about suicide, saying things like, "I wish I was dead"
- Having access to means or ways to take your own life.
- Withdrawing from social contact and wanting to be left alone
- Mood swings
- Being preoccupied with death, dying, or violence
- Feeling trapped or hopeless about a situation
- Increasing use of alcohol or drugs
- Changing normal routine, including eating or sleeping patterns
- Doing risky or self-destructive things
- Giving away belongings or getting affairs in order
- Saying goodbye to people as if they won't be seen again
- Developing personality changes or being severely anxious or agitated