

## World Suicide Prevention Day Take a Minute, Change a Life September 10, 2017

Taking a minute to reach out to someone can change the course of their life. Take a minute today and every day to reach out to a family member, friend, acquaintance or a stranger; it could change their life. Every day, take time to care for yourself too!

### Take a minute to connect:

- Have conversation with your family & friends regularly.
  - Unplug and go for a walk
  - Enjoy a meal together
- Smile & say “Hi” to the people around you; always be kind.
- Positive affirmations and compliments are free! Give them often.
- If someone is struggling or in crisis, help them to connect with support and offer to go with them.

### Take a Minute to communicate:

- Tell people why they make your life better.
- Be a good listener; allow others to express their thoughts and emotions without feeling judged.
- Ask them “How are you *really* doing?”
- Help reduce stigma: talk about suicide & mental health concerns just like you would talk about physical health.
- Take a moment to send a thank you note to someone for something kind they have done for you.

### Take a minute to show you care:

- Pay attention to the people around you; notice any changes in behavior?
- Learn the warning signs of suicide & ask directly if they are thinking about suicide.
- Encourage and support them to take care of their mental & physical health by being active together!
- Share that you care and want to help.
- Make a playlist of their favorite songs, create a care package, and make them laugh.

For more information on suicide prevention or to access community supports, go to:



For more information about available programs and services in your area, please contact:

Addiction Services Help Line  
1-866-332-2322

Mental Health Help Line  
1-877-303-2642

