



SAFER CONVERSATIONS ABOUT SUICIDE ON SOCIAL MEDIA

THE WAY WE TALK ONLINE ABOUT SUICIDE MATTERS

BEFORE YOU POST:

- Remember, once your message is posted, you'll no longer have control over who reads it or how it's used.
- Ask yourself why you want to make this post.
- Learn about the suicide prevention resources in your community and try to mention help seeking in your message.



Scan this QR code with your smartphone to learn more about suicide prevention.

When sharing thoughts, feelings, and experiences:

- Focus on resilience, hope, and recovery.
- Consider your privacy, both now and in the future.
- Talk about how you sought help, if you've done so.
- Consider adding warnings about sensitive content.



Remember, there is hope! You are strong, you are unique, and you've got #sharehope.

If posting about someone who's had suicidal thoughts or died by suicide:

- Think about whether your post will be helpful.
- Be considerate toward others' feelings of grief and loss.
- Use neutral and respectful language that inspires hope and help seeking.

What to avoid:

- Violating a person's privacy or confidentiality.
- Speculating about their thoughts and feelings.
- Posting or sharing inaccurate information.
- Describing methods or locations.
- Offering simplistic explanations.



My friend died by suicide two years ago today. My heart still aches. If you are in crisis, please reach out. People care more than you realize.

When in doubt, choose empathy and kindness.

If you need to talk about your own feelings, reach out to someone you trust or find another support program in your community.

Before checking in with someone you're worried about and who may be thinking about suicide:

- Know what you will do if they are thinking of suicide.
- Know how to reach their support person, parent, or guardian.
- Try to find a trusted person you could talk to for advice.

Things to remember:

- If you're unsure or uncomfortable, talk to someone you trust.
- Never post your conversations with others.
- It's OK to ask someone, "Are you thinking about suicide?"
- Practice self-care and reach out to others for support.

When someone is not at immediate risk:

- Ask if they want to talk about it.
- Offer to help them access support.
- Connect them with services when possible (such as a crisis line, family physician, or guidance teacher)

When someone is at immediate risk:

- Encourage the person to call 911, or call it yourself.
- Contact the person's family to check in on them.
- Contact a trusted adult right away.



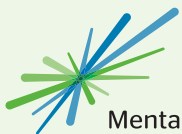
IMMINENT RISK OF SUICIDE IS AN EMERGENCY. GET HELP! CALL 911.

Direct Message:

Hey, I noticed you've been really down at school lately. I just wanted to check in. Are you thinking of suicide?



Asking about suicide is OK. You won't put an idea into a person's head, and asking directly shows you care.



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Together,
We make a difference!

A Community Suicide Prevention Project
www.mentalhealthcommission.ca/English/roots-hope

Financial contribution from



Health
Canada Santé
Canada