



# How to help someone who is in crisis

## Is someone you know in crisis or thinking about suicide?

- Stay calm and listen to what the person is saying.
- Directly ask the person, “Are you thinking about hurting yourself?” or “Are you thinking about suicide?”
- Remind the person that they are not alone — you are with them.
- If you are with the person, do not leave them alone.
- Arrange to accompany the person to the hospital emergency department or crisis centre — **if in doubt, call 911.**
- Contact and involve someone they trust — their doctor, a counsellor, a family member or a friend.
- Call a telephone crisis service:
  - 24-hour VAC Crisis and Referral Centre  
**1-800-268-7708**
  - search online or in your telephone book for a local crisis service phone number.