

Canadian Construction Workers for Mental Health & Suicide Prevention.

LEARN THE
WARNING SIGNS,
LEARN THE
RESOURCES

**Alberta & Northwest
Territory**

Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behaviour is new or has increased and if it seems related to a painful event, loss, or change.

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated, behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about revenge.
- Displaying extreme mood swings.

Resources

Alberta & Northeastern Saskatchewan

St. Paul and District Crisis Association

Toll Free (24 hours): 1-800-263-3045

Calgary & Area

Distress Centre Calgary

Crisis Line (24 hours): (403) 266-HELP
(4357)

Crisis Chat Support: www.distresscentre.com

ConnecTeen (24 hours): (403) 264-TEEN
(8336)

Crisis Text & Chat Support:

www.calgaryconnecteen.com

Wood's Homes

Toll Free (24 hours): 1-800-563-6106

Crisis Line (24 hours): (403) 299-9699

Crisis Text & Chat Support:

www.woodshomes.ca

Chinook Health Region & South Calgary Region

Distress and Suicide Prevention Line of
Southwestern Alberta (CMHA - Alberta
South Region)

Toll Free (24 hours): 1-888-787-2880

Crisis Line (24 hours): (403) 327-7905

Resources

Edmonton & Northern Alberta

CMHA Edmonton Region

Crisis Line (24 hours): 1-800-232-7288

Crisis Line (24 hours): (780) 482-HELP (4357)

Seniors Abuse Helpline: (780) 454-8888

Fort McMurray & Northeastern Alberta

Some Other Solutions Society for Crisis Prevention

Crisis Line (24 hours): 1-800-565-3801

Crisis Line (24 hours): 780-743-HELP (4357)

Lakeland Region

Dr. Margaret Savage Crisis Centre

Crisis Line (24 hours): 1-866-594-0533

Crisis Line (24 hours): (780) 594-3353

Strathmore & Area

Wheatland Shelter Society

Crisis Line (24 hours): 1-877-934-6634

Crisis Line (24 hours): (403) 934-6634

Northwest Territories

NWT Help Line

Toll free (7pm-11pm): 1-800-661-0844

*Suicide is Preventable.
Help a loved one,
a friend,
or yourself.*

Text HOME to 686868