Suicide thoughts, attempts and deaths affect us all. Yet it is often difficult to talk about due to feelings of fear, shame and guilt. Let’s talk about it.

Together, we can prevent suicide.

**REACH**

- **Recognize** warning signs and risk factors.
- **Engage** in conversation and listen with empathy.
- **Ask** about suicidal thoughts and feelings.
- **Connect** to supports and resources.
- **Heal** ourselves by taking care of our own mental health.

For more information visit [www.ahs.ca/preventingsuicide](http://www.ahs.ca/preventingsuicide)

