

# MEN HAVE A SUICIDE RATE 3x HIGHER THAN WOMEN. GUYS, HERE'S WHAT YOU CAN DO.



## 1 - PAY ATTENTION

Any noticeable change in his behaviour is a warning sign your friend might not be doing well. These changes could include:

- Drinking more than usual
- Appearing tired or distant
- Talking about how much life sucks
- Being more irritable or angry

## 2 - START A CONVERSATION

Choose a comfortable setting.

- Over the phone
- Over drinks at a favourite hang out
- While driving in the car
- While working on a project

Mention what you've noticed.

- "I haven't seen you around much these days. Is everything okay?"
- Don't blame or shame him.



## 4 - STICK TO YOUR ROLE

You're a friend, not a counsellor.

- Ask if he has others he can reach out to for support, and ensure he contacts them.
- Following the conversation, check in with him often.
- Call Crisis Services Canada together: 1-833-456-4566.
- If he has imminent plans to die, contact 911 and ensure he is not left alone.

## 3 - KEEP IT GOING

Ask questions and listen to what he's saying.

- "The other day you said your life sucks... what's that like for you?" Avoid instantly problem-solving.
- Don't make it seem like he's overreacting, and don't change the subject.
- Back him up and acknowledge his feelings: "That sounds really hard."
- If you're still worried about him, ask: "Are you thinking about suicide?" If he says yes, don't panic.
- Let him know you're there for him: "Thanks for telling me. That's really hard to do. Can you tell me more about it? I'm here for you."

