

Suicide is preventable. Help is available. There is hope.

Know Suicide Warning Signs

I Ideat on (Suicidal Thoughts)

S Substance Abuse

Purposelessness

A Anxiety

T Trapped

H Hopelessness/Helplessness

W Withdrawal

A Anger

R Recklessness

 Mood Changes

Contact UFV Counselling Services:

B214, Abbotsford Campus 604 854 4528