

Restrict access to medication if a loved one is thinking about suicide



Make sure you...

- ✓ **Bring** all expired or unused medication back to the pharmacy.
- ✓ **Ask** the pharmacist to only give one week's worth of medication at a time.
- ✓ **Buy** the smallest possible sizes of over-the-counter medicine.
- ✓ **Supervise** medication intake, including at school or work.
- ✓ **Do not leave** medication in a child's bag.
- ✓ **Keep** medication locked away.

If someone you know has taken substances or medication

If the person is unconscious or in immediate danger, **call 911**.

Otherwise, call the Centre antipoison du Québec at 1-800-463-5060.

If you need support

For free, confidential help at any time for you or a loved one:

Contact your local **suicide prevention centre**;

Call the suicide prevention helpline at **1-866-277-3553** or by texting **535353**;

Go to **suicide.ca** to chat online with a counsellor.

