



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

Know Suicide Warning Signs

I Ideation (Suicidal Thoughts)

S Substance Abuse

P Purposelessness

A Anxiety

T Trapped

H Hopelessness/Helplessness

W Withdrawal

A Anger

R Recklessness

M Mood Changes

UFV Counsellors can help

Contact UFV Counselling Services:

B214, Abbotsford Campus 604 854-4528

A1318, Chilliwack Campus 604 795-2808

24 hour Crisis Line 1-877-820-7444

If there is immediate risk, call 911 or UFV emergency security at 7770

For more information on suicide prevention visit: www.suicideprevention.ca



ufv.ca/counselling/