



**CANADA SUICIDE
CRISIS HELPLINE**

Call or Text 988

**CANADIAN
SUICIDE PREVENTION**

Toll-Free:
1-833-456-4566
TEXT: 45645
CHAT online

KIDS HELP

Toll Free:
1-800-668-6868
LiveChat Counselling:
www.kidshelpphone.ca



How do you know if you, a teammate, or another friend is having a problem with their ability to enjoy each and every day?

B: Behaviour.

Is someone you know behaving in an obviously new and unexpected way? Is it unpredictable?

U: Uncomfortable.

Does someone's behaviour or attitude make you feel "unsafe" or uncomfortable?

D: Depressed.

Does someone you know seem depressed, unhappy, withdrawn or irritable more often than not?

D: Different.

Is someone consistently just a little different than what you are used to?

Y: You.

You are not alone. Trust what you are feeling. Other people may feel just like you. Remember you should be your own buddy too.

BuddyCheckForJesse.com



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