



YOU ARE NO LONGER
ALONE
-DE NOVO TREATMENT CENTRE-

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IT CAN BE DIFFICULT TO KNOW IF SOMEONE IS STRUGGLING WITH SUBSTANCE USE OR CONTEMPLATING SUICIDE. KNOWING THE SIGNS AND SYMPTOMS CAN HELP – PREVENTION STARTS WITH EDUCATION, UNDERSTANDING, AND COMMUNITY

SUBSTANCE USE

- Problems maintaining relationships, performing at work or school, or legal problems related to substance use
- Spending money on substances rather than on food, rent or other essentials
- Unexplained changes in attitude, personality, social network, or mental health status
- Using substances in hazardous situations like while driving, operating machinery, or at work
- Continuing to use substances despite knowing it is causing harm

SUICIDE

- Withdrawing from others, social activities, and losing interest or pleasure in activities they previously enjoyed
- Sudden changes in personality, appearance, or sleep patterns
- Dangerous or self-harmful behaviours (i.e. reckless driving, increased use of drugs/alcohol)
- Talking about suicide, dying, or self-harm
- Sudden sense of calm, getting affairs in order, or saying good bye

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