



What to do if you're worried about suicide when weapons are present

If someone's life is in danger right now, call 911.

If you're worried about someone who might harm themselves, you can call or text the National Suicide Hotline at 988 for advice and support.

You may notice your friend or family member:

- having no hope for the future
- talking about wanting to die
- withdrawing from friends, family, community, and other social supports
- giving away their belongings
- having sudden mood changes
- talking about access to weapons

It's possible for someone to become suicidal quickly if they're very upset. Also, depression and other mental

health challenges can be connected to other forms of harm, like intimate partner violence. There may be more risk of suicide or harm if weapons are present.

If someone appears to be having a mental health crisis:

- listen calmly and without judgement
- encourage them to get professional support
- help them contact a crisis services
- stay with the person if it's safe to do this

Limiting access to weapons

If you're worried about someone's mental health and possible access to weapons, you could consider an Emergency Prohibition/Limitations on Access Order. This can limit their access for up to 30 days, giving you time to put a longer-term safety plan in place. Anyone can apply directly to a judge for an emergency order. Learn more at stopviolence.ca/orders.

In Ontario, you could also speak to the Chief Firearms Office (Ontario), which is able to review firearm licences and act where there are safety concerns.

In Ottawa, police may be able to get a public safety search warrant to remove weapons where there's an immediate risk to safety.

Learn more about your legal options with our Legal & Safety Options guide at stopviolence.ca/options.

Support Services

If you're worried about suicide, violence or safety, you can ask for help from support service organizations like:

National Suicide Hotline
Call 988

Distress Centre of Ottawa and Region
dcoff.org

Assaulted Women's Helpline
awhl.org

Luke's Place (Legal & Family Court Support)
lukesplace.ca

Ottawa Victim Services
ovs-svo.com

Lanark County Interval House & Community Support
lcih.org | 613-257-5960 (crisis line)

Hope for Wellness Helpline
(for Indigenous individuals)
hopeforwellness.ca

Immigrant Women Services Ottawa
immigrantwomenservices.com

Interval House Ottawa
intervalhouseottawa.org

You find more support services at ovs-svo.com/resources.

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