

Hockey Talks - Buddy Up facts

1. Men die by suicide three times more often than women, but it doesn't have to be this way. Reach out and have a conversation with a buddy you're worried about. Learn more at buddyup.ca.
 - a. Alternate: Men die by suicide three times more often than women, but it doesn't have to be this way. When we look out for our buddies and have authentic conversations, we can help prevent suicide.
2. People thinking about suicide typically exhibit warning signs and any significant change in behaviour may be a warning sign. If you're worried about someone, reach out and start a conversation. Learn more at buddyup.ca.
 - a. Alternate: People thinking about suicide typically exhibit warning signs and any significant change in behaviour may be a warning sign. If you notice warning signs, start an open, non-judgemental conversation.
3. Men may be less likely to seek help for their mental health, and instead, bear the burden alone. If you're worried about someone, reach out and ask how they're really doing. Learn more at buddyup.ca.
 - a. Alternate: Men may be less likely to seek help for their mental health, and instead, bear the burden alone. Asking a buddy how they're really doing can start the conversation.
4. Men who were raised to believe that showing emotion is a sign of "weakness" are more likely to hide their emotions, which can become overwhelming and may lead them to a point of crisis. If you're worried about someone, start a conversation and ask how they're really doing. Learn more at buddyup.ca.
 - a. Alternate: Men who were raised to believe that showing emotion is a sign of "weakness" are more likely to hide their emotions, which can become overwhelming and may lead them to a point of crisis.
5. Connection and belonging are important for our mental health. They provide a safety net when men are thinking about suicide, because those people are there to offer help and to be asked for help. Learn more about how to have authentic conversations at buddyup.ca.

- a. Alternate: Connection and belonging are important for our mental health. They provide a safety net when men are thinking about suicide, because those people are there to offer help and to be asked for help.
6. Authentic conversations can be life-saving – they give men an opportunity to vent about their stress with others who can relate, offer help, or simply listen. Learn more about how to have a conversation at buddyup.ca.
 - a. Alternate: Authentic conversations can be life-saving – they give men an opportunity to vent about their stress with others who can relate, offer help, or simply listen.
7. People who think about and attempt suicide don't want to die – they want a way out of their deep pain. This is why suicide is preventable. Learn how to have a conversation with someone you're worried about at buddyup.ca.
 - a. Alternate: People who think about and attempt suicide don't want to die – they want a way out of their deep pain. This is why suicide is preventable.
8. Talking about suicide won't cause someone to think about suicide – asking if they're thinking about suicide will take the burden off of them and give them space to open up. Learn how to have a conversation with someone you're worried about at buddyup.ca.
 - a. Alternate: Talking about suicide won't cause someone to think about suicide – asking if they're thinking about suicide will take the burden off of them and give them space to open up.
9. Anyone can start a conversation with someone they're worried may be struggling with their mental health or thoughts of suicide. Ask directly if they're thinking about suicide, and encourage them to reach out to others for support, too. Learn how to have a conversation with someone you're worried about at buddyup.ca.
 - a. Anyone can start a conversation with someone they're worried may be struggling with their mental health or thoughts of suicide.
10. People who are thinking about suicide want human connection; they feel more hopeful after a conversation with someone who actively listens non-judgementally. Learn how to have a conversation with someone you're worried about at buddyup.ca.

- a. Alternate: People who are thinking about suicide want human connection; they feel more hopeful after a conversation with someone who actively listens non-judgementally.

