

## If You Are Thinking About Suicide...

Life happens and with that comes many **challenges and difficult situations** to deal with. Feelings like depression, despair and hopelessness can easily overcome you and cloud your view of reality. You might feel trapped, alone and see no other way out.

Although it might seem as if your unhappiness will never end, it is important to realize that **crises are usually time-limited. Solutions are found, feelings change, unexpected positive events occur.**

If you are unable to think of solutions other than suicide please reach out for help. **There is always someone that wants to help you, you just need to take the first and usually frightening step of asking for help.** Reach out and talk to a friend, colleague, counsellor, family doctor or religious leader that you trust.

If you are experiencing a difficult time finding someone to talk to you can call **the Some Other Solutions (SOS) crisis line**. This is a toll free and confidential line and are staffed with trained individuals to help and support you.

### SOS CRISIS LINE

780 743 HELP (4357)

OR

1 800 565 3801

**Place your hand over your heart, can you feel it? That is called purpose. You're alive for a reason so don't ever give up**

## Resources

### Who can you call 24-7?

SOS Crisis Line: 780-743-4357 (HELP)

Canada Suicide Prevention Services:

Phone: toll-free 1-833-456-4566 Available 24/7

Text: 45645 Available 5pm-1am ET

Chat: [crisisservicescanada.ca](http://crisisservicescanada.ca) Available 5pm-1am ET

Alberta's Mental Health Help Line is available 24 hours a day. Call 1 (877) 303-2642

If suicide is a possibility call 911

### Websites:

[www.suicideinfo.ca/](http://www.suicideinfo.ca/)

<http://www.yourlifecounts.org/>

[www.mindyourmind.ca/](http://www.mindyourmind.ca/)

<http://www.distresscentre.com/>



# What you need to know about SUICIDE

Information for adults.



## Why Do People Turn To Suicide?

We all react differently to stressors in our lives and sometimes circumstances can leave a person feeling helpless, hopeless, and desperate. People who talk about suicide or make an attempt do not necessarily want to die. They have just lost all hope and do not see any other solution. It is essential that they receive the right supports to help them find a better way of coping.

## Suicide Can Be Prevented

Suicide does not just happen. It is a process over time that develops from different factors in a person's life. Suicide may be complex but there is hope and we have a shared responsibility to prevent it. If you are concerned that someone may be suicidal, take action. By being aware of the warning signs and knowing how to respond, you can make a difference and prevent suicide.

## Facts

- \* People talking about suicide or attempting it aren't just seeking attention. It is **actually a cry for help** as they have lost all hope.
- \* People who talk about suicide do act on it, so **take all talk of suicide serious**.
- \* Suicide is **not always impulsive**—there are warning signs—we just have to recognize and act upon them.
- \* A person who have attempted suicide and survived are **at a higher risk** for a future attempt.
- \* Suicide is **not the cowardly way out**. It is the only option they see to minimize the emotional pain as they have lost all hope.
- \* If someone is determined to kill themselves you can **support them in getting help** and with treatment they will get better.

## Warning Signs

FOR EVERY **1 SUICIDE DEATH**  
THERE ARE **25-30 ATTEMPTS** IN  
CANADA

### COMMUNICATION

If a person talks about:

- \* Killing themselves
- \* Feeling **hopeless and no reason to live**
- \* Being a burden to others
- \* Feeling trapped
- \* Talk about **unbearable emotional pain**

### BEHAVIOUR

- \* Increased substance use or abuse
- \* Looking for ways to end their life like searching online on how to end you life
- \* Isolating and withdrawing from friends and family
- \* Sleeping too much or too little
- \* Giving away possessions that they like
- \* Engaging in risky behavior or activities

### EMOTIONAL STATE

- \* Moody, depressed, irritated, agitated, anxious more than usual
- \* Severe emotional pain or distress
- \* Lost interest in doing things they used to enjoy
- \* Appears overwhelmed, stressed, having difficulty coping
- \* Experiencing a major life change like a breakup or death

AN AVERAGE OF **10 PEOPLE** DIE BY  
SUICIDE **EACH DAY** IN CANADA

SUICIDE IS THE **9TH LEADING**  
CAUSE OF DEATH IN CANADA

## How You Can Help?

If you think you recognize warning signs or suspect that someone might be considering suicide, it's important to **trust your instincts**.

Start the conversation by asking open ended questions expressing your concern and caring. **Listen without judgement and encourage them to express their feelings**. Listen to their story and see their situation from their perspective.

Do not be afraid to ask the person directly if they are considering suicide. Asking will not prompt a non-suicidal person to consider suicide. Asking will encourage that person to share their feelings and show that you care.

Encourage and support them to seek mental health support. **TAKE ALL THREATS OF SUICIDE SERIOUSLY**. Pay attention to what resources the person has and where they found support in the past and make use of them.

Involve trusted individuals to help. Depending on the risk of suicide, contact the RCMP, a crisis line, or the hospital to keep the person safe. Reassure the person that they are not alone, help is available and treatment works.

### AVOID

- \* Arguing with the person
- \* Acting shocked or being judgmental
- \* Lecture them on the value of life
- \* Say that suicide is wrong
- \* Never promise confidentiality—a life is at stake and you might have to talk to someone to get support.
- \* Advice to fix their problems

TALKING ABOUT SUICIDE **DOES NOT** CAUSE PEOPLE TO THINK ABOUT SUICIDE AS AN OPTION