

If you are thinking about suicide

Get help right away! Talk to someone you trust.

Feelings like depression, despair and hopelessness can cloud our view of reality, especially when you are going through difficult times. You might feel trapped, alone and see no other way out. You might feel completely hopeless. But **there is always someone who wants to help**. Just reach out and talk to someone you trust.

Talk to an adult that you trust like a parent, coach, teacher, counselor, family doctor or religious leader. Start by telling them that you are experiencing a difficult time and that you have been thinking about suicide.

If you are having a difficult time finding someone to talk to in this moment, you can call the SOS crisis line or Kids Help Phone. These are toll free and confidential lines and are staffed with trained individuals to help and support you. You could also go to our local hospital emergency room.

“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?

Kids Help Phone: 1-800-668-6868
SOS Crisis Line: 780-743-4357 (HELP)
OR
1 800 565 3801

You can also call 911 if you feel it is an emergency

You could talk to

An adult you trust, counsellor, teacher, coach, family doctor, religious leader

Or Chat with a Counsellor

www.kidshelpphone.ca

And check out these websites

www.suicideinfo.ca/
www.youthsuicide.ca/index.htm
www.mindyourmind.ca/
<http://www.crisisservicescanada.ca/>



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What you need to know about SUICIDE

Information for youth.



Caring for each other

Stressed? Depressed? Anxious?

Let's face it: your life is changing. Along with school, social and maybe even work demands, you also have to worry about friends, and new expectations from parents.

Along with major change can come great stress. Stress and depression is often not understood or even recognized, and that can make a person feel alone and isolated. Being depressed, while struggling with pressures of being young, can create suicidal feelings.

The first step toward defeating depression and suicidal thoughts is to define it. In fact, recognizing the warning signs of suicide is a key step in suicide prevention!

SOS CRISIS LINE
780 743 HELP (4357)
OR
1 800 565 3801



How would I know someone is suicidal?

If you are not sure what is going on with your friend and are worried about them look for these warning signs:

TALK

If a person talks about:

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

BEHAVIOR

- * Increased use of alcohol or drugs
- * 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

MOOD

- * 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

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

How you can help?

If you think you recognize warning signs, it's important to trust your instincts.

1. Ask them. Asking a friend takes some of the pressure off so they don't feel so alone anymore. Talking about suicide does *not* cause people to think about killing themselves.

Asking about suicide gives them the opportunity to speak openly about what's going on and shows your friend that you care about them!

2. If your friend is suicidal, remain calm and compassionate. Encourage them to share their feelings.

3. Take suicide threats seriously and never promise to keep it a secret. Reassure your friend that they are not alone, and you want to see them get help.

4. If you feel that they are at serious risk or immediate danger, don't wait get help. Phone kids help phone, SOS crisis line or 911

5. Encourage your friend to follow up with someone they can trust or any resources listed on the back...

NEVER PROMISE TO KEEP A SUICIDE SECRET