

SUICIDE PREVENTION

INFORMATION SHEET

1 Look for invitations: what do you see and hear?

The person may have a range of emotions like feelings of hopelessness, despair, anger or numbness. The person may feel alone or withdrawn. The person may feel that they are a burden. The person may feel they have no purpose in life

They may express these feelings in a number of ways:

Through their words: "I don't want to be here anymore." "I can't take this anymore." "Everything is just so hard."

Through their actions: Distancing themselves from family friends and responsibilities. Not responding to messages or invitations to chat or engage. Not willing to make any plans for the future.

Other things to consider - Has the person:

- Lost someone close to them?
- Been rejected?
- Or experienced any kind of loss?
- Experienced suicide before?

2 Ask openly and directly about suicide

If you have noticed any invitations, it is okay to ask openly and directly about suicide.

What to say: "Are you thinking about suicide?"

Benefits of talking openly about suicide:

- Allows the person to know they can trust you
- Allows the person to feel they are not alone, to feel they have been heard
- Shatters stigma that we shouldn't be talking about suicide

3 If the person answers yes to the question or you are still worried about them, be there by listening to what they are going through.

What to say: "This is important, let's talk about this, I am listening."

After listening, find someone who can help keep them safe. Below are a list of resources that you can use

What to say: "We should get more help. I want to keep you safe by connecting you with someone who can help you."

You can save a life. Ask about suicide directly. Be there to listen.
Keep them safe.

MORE SUICIDE PREVENTION AND SUPPORT RESOURCES



ONLINE TRAINING

LivingWorks Start is an online training tool that teaches participants to recognize when someone is thinking about suicide and connect them to help and support. The cost of this training has been subsidized by LivingWorks, now being offered at \$20. Living Works will donate a portion of these proceeds to COVID-19 support.

Access the training at <https://www.livingworks.net/start>



CRISIS SERVICES

Barrett Centre – Hamilton – 24 hr phone support – 1-844-777-3571

COAST – Crisis Outreach and Support Team (Hamilton) – 905-972-8338

COAST – Crisis Outreach and Support Team (Niagara) – 1-866-550-5205

CAST – Crisis Assessment and Support Team (Haldimand Norfolk) – 1-866-487-2278

COAST – Crisis Outreach and Support Team (Halton) 1-877-825-9011

COAST – Crisis Outreach and Support Team (Brantford) – 1-866-811-7188

Six Nations Crisis Services – 1-866-445-2204



WEBSITES

www.cmhahamilton.ca – Contains an updated Directory of Community Services, a list of other online support tools and tips on staying mentally healthy.

www.bouncebackontario.ca

<https://otn.ca/patients/bigwhitewall/>

<https://kidshelpphone.ca/>