

Need Help?

Did you Know? *

- If highly lethal means are not available, this can lead to a delay in a suicide attempt or could lead to a suicide attempt with less lethal means, and increased chance of survival
- 90% of near lethal attempts do not go on to suicide thereafter
- **Impulsivity:** some suicides occur following careful planning and deliberation, however many are impulsive. 1/3 of youth who died by suicide had experienced a crisis in the previous 24 hours
- One of the most powerful risk for suicide deaths is ready access to lethal means

Worried about Someone?

You can alleviate this worry and reduce the risk of suicide by:

Being supportive, available, informed and prepared. Knowing possible dangerous items and knowing what you can do to restrict their use and lessen risk and, by knowing what resources are out there to help!

Northern Regional Health Authority Mental Health Services Thompson and Area

Community Mental Health Intake
(Adult and Child/Adolescent)
204-677-5350

Emergency/Crisis Services after hours
Thompson General Hospital
204-677-2381

Mental Health Promotion, Training,
Presentations and Information
204-778-6513 ext 222

Hope North Recovery Services for Youth Mobile Crisis Team

For Youth 17 & Under

8:30am to 12:00 Midnight Monday-Friday

12:00 Noon to 12:00 Midnight Saturday
and Sunday

Local Phone: 204-778-1472

Toll Free: 1-866-242-1571

Other

- Thompson RCMP
204-677-6911
- Thompson Ambulance
204-677-7911

REASON TO *Live*
SUICIDE
AFFECTS US ALL

Find your hope. We can help.
Talk to us if you, or someone you know, is thinking about suicide or dealing with a suicide loss.

Call Toll Free • 24 HRS

1-877-435-7170

Northern Health Region (NRHA)



NORTHERN
HEALTH REGION

A Suicide Safer Community Begins with Your Home



pix2002 www.fotosearch.com

Counselling on Access to Lethal Means

Be Supportive & Available

To support is “to care”. Caring entails being invested in the wellbeing of another.

If someone you know is at risk, make the investment to reach out, to let them know that you are ready and available to help.

You may be the only person that has genuinely offered this assistance.

Being truly available means that you are open to hearing what they want to say and listening without judgment and without preparing your response.

- Listen non-judgmentally
- Ask them what would be helpful
- Encourage positive activities
- Ask them if they are considering suicide

The best way to prevent suicide is to ensure that people know that have someone available and willing to listen.

Can you be that person for someone you care about?

Practical Ways to Reduce Risk:

Remember, you cannot totally eliminate all risk from your home. However, you can reduce risk by:

- Keep medications in safe place. Locked if possible and out of reach of children
- Talk to your pharmacist about “safe” amounts of medications to keep on hand
- Return unused medication to pharmacy for disposal
- Be mindful that use of alcohol can increase risk, so have limited amounts on hand and keep in a secure place
- Ensure that knives/razors/any sharps are not easily accessible
- As required by law, keep firearms secure and locked with ammunition in separate secure place
- **Overall, have conversations with family members about keeping a safe home so that all members can feel safe*

Build Your Skills, Be Prepared

There are many courses whereby you can obtain information that can assist you in working towards keeping those you care about safe.

To find out more about “gatekeeper training” which helps you prepare for Mental Health Emergencies, such as suicide risk, please contact:

Northern Health Region (NRHA),
Mental Health Promotion Dept:

Phone: 204-778-6513 ext 222

Or email: jwhalen@nrha.ca



The best way to reduce suicide risk is by talking to those you care about.

*Information used in this pamphlet obtained from:
Gold Coast Health www.goldcoast.health.qld.gov.au