

How Can I Help Someone Else?

Ask—The most important thing you can do is ASK.

BE DIRECT

“Are you thinking about killing yourself?”
 “Are you thinking about suicide?”

This gives the person permission to talk about suicide and in most cases, people do want to talk about suicide but are afraid that no one will listen.

If a person has been considering suicide, talking about it will help the person deal with those thoughts and feelings.

Listen—Anyone with thoughts of suicide needs to talk. Accept that their feelings are true for them even if they are different from your own.

Keep Safe—Connections to trained professionals are important. You can help the person make a call or even accompany them to an appointment.

By helping a person with suicide thoughts, you are letting them know that they are not alone and that someone cares.

- Websites to Check Out**
- www.reasontolive.ca
 - www.ruralsupport.ca
 - www.robbnash.com
 - www.crisisservices.ca
 - www.kidshelpphone.ca
 - www.everyonemattersmanitoba.ca

Thompson Day Support & Info Phone

Thompson General Hospital..... 204-677-2381
 Northern Health Region, Adult, Child & Adolescent
 Community Mental Health.....204-677-5350
 AFM Northern Region Reception..... 204-677-7300
 Canadian Mental Health Assoc.204-677-6050
 Mood Disorders Assoc of MB204-679-2324

Provincial

MB Farm, Rural & Northern Support Services
 (Monday to Friday 10 AM to 9 PM) Call:1-866-367-3276
 Or go to Online Crisis Chatsupportline.ca

National

Suicide Prevention & Support: text: 45645 or Call
 1-833-456-4566 To chat: Crisisservicescanada.ca

Kids Help Phone - Phone 1-800-668-6868
 you can now **text TALK** to 686868
 to be connected to a trained Crisis Responder to help
 you with any issue – big or small.
 The service is free, confidential, and available 24/7.

Mobile Crisis (Hope North Recovery Services for Youth)
 12:00 noon to 12:00 midnight
 Thompson 204-778-1472 or toll free 1-866-242-1571

- 24 Hour Crisis/Emergency Phone Lines**
- MB Suicide Prevention & Support Line.....1-877-435-7170
 - Kids Help Phone.....1-800-668-6868
 - Sexual Assault Crisis Line1-888-292-7565
 - Domestic Violence Line1-877-977-0007
 - Klinik 24 hr Crisis Line1-888-322-3019
 - Gambling Hotline.....1-800-463-1554
 - RCMP (Thompson).....204-677-6911

**HOPE North Suicide Prevention Committee
is now online!**

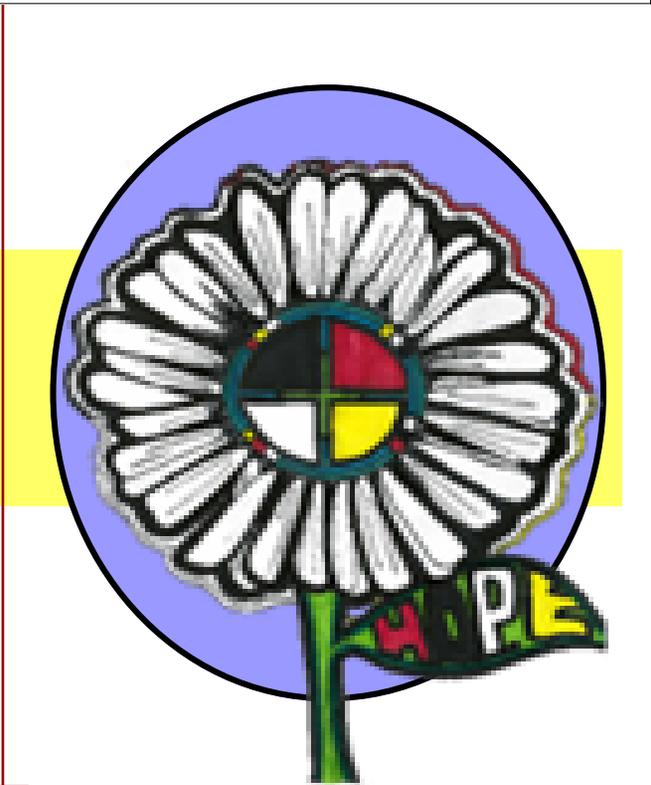
www.hopenorth.ca

**For upcoming events, resources,
education, info and lots more!**



 **Or check out their Facebook page:
“HOPE North: Thompson and Area”**

Thinking About Suicide? Here's Help.....



**HOPE North
Suicide Prevention Committee
c/o Northern Health Region
302-83 Churchill Drive
Thompson, MB
(204) 778-6513 Ext 222**

Suicide Prevention is Everyone's Business

Anyone Can Be At Risk.

Everyone Can Help.

Why Do People Have Thoughts of Suicide?

Profound Loss / Change

Biochemical Changes in the Brain

Stressful Life Events

Mental Health Concerns

Desperation

Thinking about suicide is not usually about wanting to die. It's often about wanting to stop the pain.

Some people believe that you should not mention the term "suicide" because it may put the idea in someone's head. This is false.

Warning Signs of Suicide

People who talk about suicide mean what they say. Most people that think about suicide warn those close to them. Too often these warnings are missed or ignored. Warning signs include:

- Talking or thinking about death
- Making comments about being hopeless, helpless, or worthless
- Saying things like "It would be better if I wasn't here" or "I want out"
- Depression (deep sadness, loss of interest, trouble sleeping and eating) that gets worse
- A sudden, unexpected switch from being very sad to being very calm or appearing to be happy
- Losing interest in things one used to care about
- Visiting or calling people to say goodbye
- Putting affairs in order, tying up loose ends, changing a will
- Serious changes in behavior (ie. drinking / risk taking behavior, etc.)

How Can You Help Yourself?

Things you can do right now:

- Distract yourself with something you enjoy
- Make your surroundings feel better and safer
- Write, draw, or paint
- Exercise
- Play music

If you need help to do these, or if these are not helping....

Tell—If you are thinking about suicide, tell someone.

Who could you tell?

- Trusted adult
- Friend or family member
- Crisis Line
- Health Care Provider
- Anyone who can help

If the first person you tell doesn't help, tell someone else.