

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.

Support & Information Day Phone Lines

- MB Farm, Rural and Northern Support Line1-866-367-3276
- 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
- AFM Toll Free Line.....1-866-291-7774
- CMHA Thompson.....204-677-6050
- Mood Disorders Association of MB ...204-679-2324
- Anxiety Disorders Association of MB...(204)778-6306

Mobile Crisis Team (Northern Crisis Services for Youth)
 12:00 noon to 12:00 midnight
 Local 204-778-1472 or toll free at 1-866-242-1571

24 Hour Crisis Phone Lines

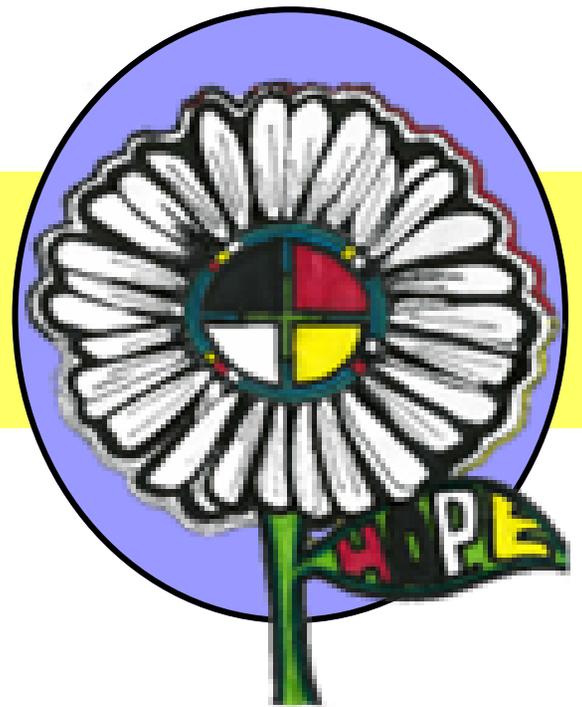
- MB Suicide Line..... 1-877-435-7170
- Kids Help Phone..... 1-800-668-6868
- Crisis/Sexual Assault 24 hr line 1-888-292-7565
- Domestic Violence Line..... 1-877-977-0007
- Klinik Community Health Center 1-888-322-3019
- Gambling Hotline..... 1-800-463-1554
- RCMP (Thompson).....204-677-6911

Websites to Check Out

- www.reasonstolive.ca
- www.sourcesofstrength.org
- www.robbnash.com
- www.reachout.com
- www.kidshelpphone.ca

For more information about the HOPE North Suicide Prevention Committee please contact:
 Elizabeth Lychuk or Jennifer Whalen, Co-Chairs
 Phone: 204 778 6513 Fax: 204 778 9250
 Email: elychuk@nrha.ca or jwhalen@nrha.ca

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**

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 behaviour (i.e. excessive drinking / risk taking behaviour, 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.