



# Suicide Info



## Warning Signs:

**I'm worried about my friend . . .** Obviously something has got your friend down or you wouldn't be worried. Not sure what's going on with them, but scared they might be thinking of suicide? Look at some of the warning signs here.

### Has your friend:

- Attempted suicide before?
- Been talking about suicide?
- Been wondering about death?
- Been giving away special things? (personal items)
- Been moody/showing signs of being depressed?
- Been struggling with alcohol or drug abuse?
- Been engaging in risky behaviour (breaking the law, misconduct at school)
- Lost interest in doing things they used to enjoy?
- Been withdrawing or isolating him/herself?
- Suffered a loss? (parents divorced, relationship problems, family abuse)

## How do I talk to my friend about suicide?

- If you think you see some warning signs, it's important to trust your instincts.
- You need to ask them. Scary thought, huh? You're probably worried about this because what if your friend gets mad? If your friend is feeling depressed or suicidal, they're usually scared by their own thoughts. Asking them takes some of that pressure off. They don't feel so alone anymore. They feel like, since you can talk about it, maybe they can talk about it too.

### What you could say:

- "Man, you have had a LOT of stuff going on lately. How are you doing with it all?"
- "I know you've had a lot of stuff going on and it seems to be wearing you down a bit. I don't want you to get freaked out or anything, but I'm kind of worried that you might be thinking of suicide. I hope you know that you can tell me anything."

## They said yes! Now What?!

- Breathe! I know it's scary, but it's so good that they shared this with you.
- Ask them if they've thought about how they would do it. When? Do they have access or the means to carry out the plan? (pills, gun, etc.)
- Tell them that you want to help and that you'll be there for them as much as you can be.
- If they ask you not to tell anyone, say, "I'm not going to go blabbing, but I can't promise to keep it a secret. I want to see you get help."
- Ask them who they trust. Who have they talked to before, about serious stuff? If they say "no one", suggest some people that you trust and offer to go with them for support.
- If you feel like they're at serious risk, get help IMMEDIATELY and try not to leave them alone.
- If an attempt is happening, or just about to, call 9-1-1 immediately.
- Remind them that you're so glad they shared and that talking about it, is already helping them.
- Talk about it with someone that you trust. Helping someone is stressful stuff and you don't have to deal with it alone.

## Things to avoid . . .

- Don't judge them; they may stop talking to you.
- Don't give advice by making decisions for them
- Ask "WHY." This is hard to answer.
- Don't act shocked (shows you don't get it)
- Don't promise not to tell anyone. You need to get help. Don't gossip. Tell an adult that you trust.

## If someone attempts or dies by suicide, IT IS NOT YOUR FAULT!





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## Levels of Risk

### Low Risk:

The individual has THOUGHTS about suicide but hasn't yet thought about how they would do it, when, where, etc.

### Mid Risk:

The individual is not only thinking about suicide, but also has a PLAN to carry it out.

### High Risk:

The individual not only has a plan, but they now have the MEANS to carry it out. For example, they now have the amount of pills they need to overdose or they have a gun in their possession.

## Methods for Handling Stress

- Talk to your family, friends, counselors, or anyone else who is a good listener. Sometimes it's easier for someone to look "in" at our situation, then it is for us to look "out".
- Writing down your thoughts is a good way to get them "out". If you do it daily, you can look back and possibly see how you coped with stress at other times in your life.
- Understand what the causes of stress in your life are, and try to make changes. Plan ahead on how to deal with it when the situation comes up again.
- Exercise can alter body chemistry, and give us some of those "feel good" endorphins! Try going for a run or even a walk.
- Think and talk positively about yourself and about life! Create your own happiness.
- Learn How to Relax. Practice relaxing techniques, like deep breathing, meditation, yoga or visualization.
- Alcohol and drugs actually intensify depression, impair judgment, and can cause impulsive or self destructive behavior. Be cool just being 'you'.

## Websites

[www.suicidehelp.ca](http://www.suicidehelp.ca)  
[www.facetheissue.com](http://www.facetheissue.com)  
[www.kidshealth.org](http://www.kidshealth.org)  
[www.canadian-health-network.ca](http://www.canadian-health-network.ca)  
[www.gurl.com](http://www.gurl.com)  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca)  
[www.youthspace.ca](http://www.youthspace.ca)  
[www.teenmentalhealth.org](http://www.teenmentalhealth.org)

## Local Resource List

### 24-hour Lines:

Alberta Help Line	1-877-303-2642
Kids Help Phone	1-800-668-6868
Crisis Line	1-800-784-2433
Red Deer Sexual Assault	403-356-1099
Child Abuse Hotline	1-800-387-5437
Central Alberta Women's Shelter	403-346-5643
Native Youth Crisis Hotline	1-877-209-1266
49 <sup>th</sup> Street Youth Shelter	403-341-3190

### Office Hours:

Mental Health Clinic (Walk-In)	403-340-5466
Parkland Counselling (Walk-In)	403-340-8995
Canadian Mental Health Suicide Information & Education Services	403-342-2266 403-342-4966
Red Deer Native Friendship Centre	403-340-0020
AADAC (AHS)	403-340-5274
Red Deer College Counselling Services	403-343-4064
Student Support Centre	403-343-4096
Central Alberta AIDS Network Society	403-346-8858
Red Deer Family Services Bureau	403-343-6400
People's Place Shelter (5pm-9am)	403-342-4722
Women's Outreach Centre	1-866-347-2480

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