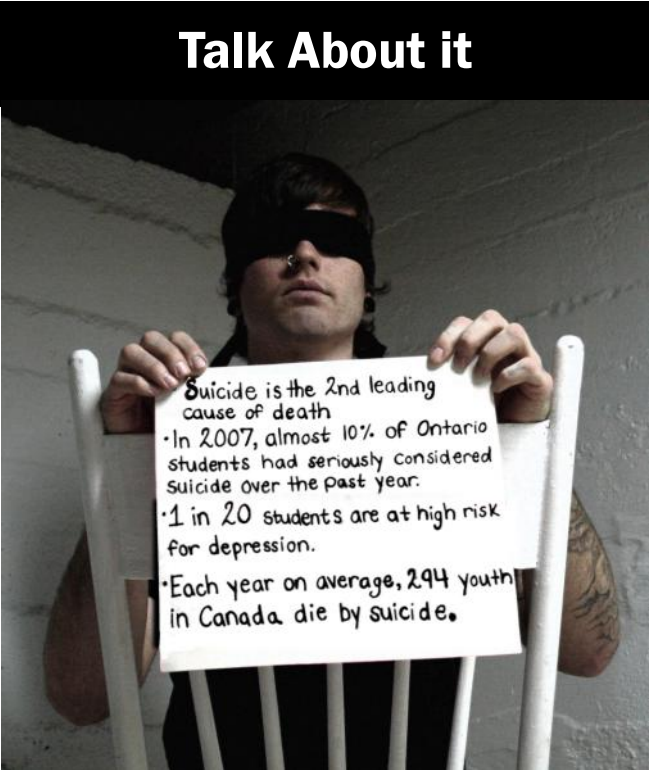


Youth Suicide

Talk About it



Suicide is the 2nd leading cause of death
· In 2007, almost 10% of Ontario students had seriously considered suicide over the past year.
· 1 in 20 students are at high risk for depression.
· Each year on average, 294 youth in Canada die by suicide.

It's difficult to know who is or might become suicidal.

Suicide can easily be prevented if we are all aware and know that there is help out there.

Where to get help

Crisis Services of Waterloo Region
519-744-1813

Distress Centre (Waterloo Region)
519-745-1166

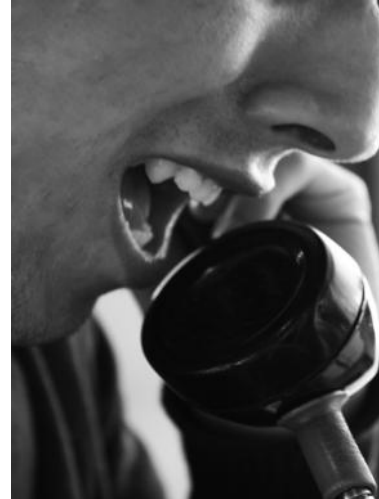
Youth Line (Waterloo Region)
519-745-9909

KidsHelp Phone
1-800-668-6868

www.suicideinfo.ca

If you are feeling suicidal or are in crisis, or know someone who is, please contact your local crisis line, mental health centre, hospital, or get in touch with your family physician.

Local Crisis services can be found in the front of your local phone book.



Warning signs

Someone with thoughts of suicide may:

- talk about wanting to die
- threaten suicide
- show changes in behaviour,
- change their appearance
- experience mood swings
- abuse drugs and/or alcohol
- deliberately injure themselves
- appear depressed or sad
- withdraw from family & friends
- easily become agitated or angry

Helping a friend

- Be a friend, be patient
- Listen carefully
- Be a good friend
- Watch for warning signs
- Get help from others
- Send them a text to check in
- Don't keep it a secret
- Don't take on their problems, just try to help connect them
- Take all threats seriously
- **TELL SOMEONE!!**



Waterloo Region
Suicide Prevention
Council
171 King Street South,
Waterloo, ON
N2J 1P7

Helping myself

Tell Someone; a friend, parent, family doctor, counsellor...someone who will listen
Talk about it!

Keep yourself safe

- Have a contact you feel comfortable with that you can call
- Have a safe place where you feel like no one can harm you and you will not harm yourself
- Distract yourself with favourite things

Develop a support system

- Know who you can call
- Have their numbers available. Make a list
- Don't be scared to ask someone to stay with you
- Know that you can always call the crisis line

Day to day tips

- Get lots of sleep
- Eat healthy
- Exercise, get active
- Try to relax with yoga, deep breathing, meditation, reading or music
- Stay involved or get involved with activities you enjoy
- Surround yourself with positive people
- Avoid drugs, alcohol & caffeine

Write in your own coping strategies

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I hate when people tell me they know how I feel and that they understand.... when they can't know because they haven't been in my situation. They may try to understand but they can't because they don't know how I feel. The problem is no one ever says or tries to "understand" when I tell them I tried to kill myself.

It had been months that I was feeling alone, empty, helpless, scared and just numb. I wanted to die. I wanted to disappearget away from the world. I had a collection of prescription pills and booze in my room hiding beneath my bed. I thought overdosing was the best; the least messy. But I had a backup if it didn't work. A blade

It was a Tuesday night. For a couple weeks I had tried to figure out what to tell people. I need to have a final goodbye. So I wrote letter for everyone who I couldn't leave without a reason. I finished cleaning my room and when I was in the kitchen, I scribbled "Love ya, Sorry. Bye." on a piece of paper and taped it to the fridge. In one hand I had a glass of mixed booze and in the other a handful of pills and pain killers.

I'd taken about half of them when the phone rang. It was my dad. He was worried about me -- didn't seem right at right dinner. I cried so hard and told him. He rushed away from work, staying on the phone the whole time. He took me to the hospital; told me how much he loved me and how he understood.

I awoke in a hospital bed staring, my best friend beside me. I don't know how he knew I was there. But he didn't leave my side all night. Even through all the doctors asking me "why" and me not having "good" enough reason, people supported me. The phone rang...somehow, that was my reason...and I'm happy about that. I now have new ways to deal, I have help, and people to watch out for me. I just wish that it didn't take an attempt on my own life to see it. I knew all the help was out there but I hadn't realized how much being around meant to me until I almost wasn't. The best thing I've done for myself was to answer that phone.

Female, 17 years old