

WARNING SIGNS

- Ongoing sadness, indifference
 - Extreme anger or changes in mood
 - Lack of interest in usual activities, personal appearance, belongings, socializing, friends
 - Withdrawal, isolation
 - Significant changes in relationships; difficulty coping
 - Makes statements like: “What’s the use”, “I can’t take it anymore”, “Death (or suicide) isn’t a bad thing”, “I might as well be dead”, “You’re better off without me”, “Nobody cares if I’m here”, “No one really loves me”
 - Preoccupation with death
 - Expressions of helplessness, worthlessness and hopelessness
- Destructive or risky behaviour like substance abuse, reckless driving
 - Changes in appetite or sleeping
 - Ambivalence, hopeless outlook on life
 - Changes in attitude and ideas
 - Suddenly seems happier or calmer after a period of distress

Look on the following websites for more information:

Ontario Suicide Prevention Network:
www.ontariosuicidepreventionnetwork.ca

Health Canada:
www.hc-sc.gc.ca

Centre for Suicide Prevention:
www.suicideinfo.ca

Waterloo Region Suicide Prevention Council:
www.wrspc.ca

You Can Help

You never know when you might meet someone who is so upset and confused that they may be thinking about suicide. A professional will be able to help, but you may be the first contact with a suicidal person.

Produced by
The Waterloo Region Suicide Prevention Council
(Revised July 2009)
171 King St. South
Waterloo ON
(519) 744-7645 Ext.310

Please note: This is not a crisis line.



Waterloo Region
Suicide Prevention Council
www.wrspc.ca
Suicide Awareness is Important

WHY??

SUICIDE

Let's Talk About It

Quick Facts

- Each year up to 4,000 people die by suicide in Canada
- For each death by suicide there are another one hundred attempts
- 1 in 7 Canadians has seriously considered suicide
- Internationally, Canada has one of the highest suicide rates among First Nations People
- Persons bereaved by suicide, especially family members, are 8 times more likely to die by suicide themselves
- Suicide is the second leading cause of death for individuals aged 10 – 24 following motor vehicle death
- Seniors are at greater risk for suicide than teenagers

It is difficult to determine who is, or who might become suicidal. Suicide may be prevented if we know the signs and symptoms, risk factors, and where to go for help.

RISK FACTORS

- Has made suicide attempts in the past
- Depression or other mental health problems
- Death of a loved one, especially if by suicide
- Alcohol or drug abuse, problem gambling and other addictions (self or family)
- Has experienced abuse or violence; has been bullied or harassed
- Sexual orientation/gender identity
- Access to firearms
- Chronic illness or disability
- Conflict in relationships
- Feelings of failure
- Any circumstance which creates unbearable pain

HOW CAN I HELP MYSELF?

- Ask for help from family and friends
- Find people you can trust and talk to
- Develop a support system around you
- Get lots of sleep
- Eat healthy foods
- Exercise: physical activity helps to relieve stress
- Try relaxation exercises: yoga, deep breathing, meditation, etc.
- Get involved in helping others, or in an activity you enjoy
- Cut back on tea and coffee
- Avoid alcohol or caffeine
- Set goals for yourself

WHAT CAN YOU DO FOR OTHERS?

Show You Care

Be attentive and reach out to the person.

Listen to the Person

Take the person seriously. Remain objective and nonjudgmental. Assure the person that something can be done. Never promise to not tell anyone.

Determine Risk

Be aware of warning signs. Ask the person directly about any intentions of suicide. Discuss feelings openly and honestly.

Get Help

Offer support and encourage hope. Focus on the person's strengths.

Never Do It Alone

Share responsibility by involving family, close friends, family doctor, clergy and other support services.

CRISIS/SUPPORT TELEPHONE NUMBERS IN WATERLOO REGION

In an emergency, call 911 or go to the nearest emergency department

CRISIS SERVICES OF WATERLOO REGION:

519-744-1813
1-800-366-4566

Canadian Mental Health Association DISTRESS LINE
Kitchener-Waterloo:
519-745-1166

YOUTH LINE:
519-745-9909

KIDS' HELP PHONE:
1-800-668-6868

CAMBRIDGE MEMORIAL HOSPITAL:
519-621-2330

GRAND RIVER HOSPITAL:
519-749-4242