

SUICIDE

“There is Help”

WAYS TO HELP

- **TALK** openly and freely and ask direct questions about the person's intentions
- **LISTEN** to what is being said and treat it seriously. **DO NOT** add to the person's guilt by debating, arguing or lecturing about whether suicide is right or wrong
- **NEVER** leave a person who is suicidal alone
- **ENCOURAGE** the person to seek some professional help
- **GET HELP IMMEDIATELY**
 - Take them to the hospital or call 911
 - Contact any of the emergency numbers listed on the back page

WARNING SIGNS

There are verbal and non-verbal warning signs that will let you know that your friend is crying for help. Please note that many of these warning signs are signs of depression. Depression does not necessarily mean that a person is contemplating suicide, but depressed people often think of suicide.

NON-VERBAL warning signs:

- Giving away personal possessions
- Increased alcohol/drug use
- Sleeping too much or too little
- Lack of interest in friends
- Lack of interest in personal appearance
- Lack of interest in school or work that was formerly of interest
- Poor performance in school or work
- Boredom, restlessness, loss of concentration

VERBAL warning signs include negative statements such as:

- "Family and friends don't care"
- "Life isn't worth living"
- "People are better off without me"
- "Everything I do goes wrong"
- "I don't need this anymore"

THINGS TO REMEMBER

- **REMEMBER....** a suicide attempt is a “cry for help” and a request for social support. The suicidal person is letting his/her feelings be known. His/her problems seem overwhelming and difficult to handle
- Because each individual is unique, there is no single reason as to why a person commits suicide
- Depression is a major contributing factor in suicidal thinking

MYTHS AND FACTS ABOUT SUICIDE

- **MYTH:** Asking a person if they are thinking about suicide will put the idea into their head
- **FACT:** Discussing the problem openly shows the suicidal person that someone cares and wants to help them
- **MYTH:** Once a person decides to commit suicide, there is no way of stopping them
- **FACT:** Most people who are suicidal don't want to die. They are making a cry for help
- **MYTH:** Suicide happens without warning
- **FACT:** 75% of the people who attempt to commit suicide have shown warning signs

FOR EMERGENCIES:

CALL 911

- **TISDALE RCMP 306-878-3810**
- **TISDALE MENTAL HEALTH 306-873-3760**
or INTAKE ASSESSOR 306-752-8767
- **TISDALE HOSPITAL 306-873-6500 (24 HR)**
- **PRINCE ALBERT MENTAL HEALTH**
306-765-6055 (24 HR)
- **SASKHEALTH LINE 811 (24 HR)**
- **NE CRISIS LINE 1-800-611-6349 (24 HR)**

For more copies of this brochure, please contact 306-873-3760