



Warning Signs:

- o Sudden changes in behaviour, appearance or mood
- o Giving away personal, meaningful objects
- o Threats of suicide or self-harm
- o Depression, hopelessness
- o Withdrawal/Isolation
- o Drug or alcohol abuse
- o Talking about what dying would be like
- o Drawing/writing about death
- o Risky behaviour, misconduct, breaking the law
- o Grades dropping
- o Lack of sleep/oversleeping
- o Lack of interest in previously enjoyed activities
- o Recent loss (family issues, moving, etc.)
- o Previous suicide attempt
- o Suicide attempt by a friend or family member

Resources:

24 Hour Resources

Any trusted person (family, friends, coworkers)	
Distress Line	1-877-303-2642
Crisis Line	1-800-SUICIDE
Red Deer Crisis Line (call collect)	403-340-1120
Alcohol & Drug Crisis Line	1-800-663-1441
Victim Link (abuse/violence)	1-800-563-0808
Red Deer Regional Hospital Emergency	403-343-4448
Central Alberta Women's Shelter	403-346-5643
	www.suicidehelp.ca
	www.canadian-health-network.ca
	www.suicidal.com

Mental Health Clinic (walk-in)	403-340-5466
Parkland Family Counselling (walk-in)	403-340-8995
Canadian Mental Health	403-342-2266
Suicide Information & Education Services	403-342-4966
Red Deer Native Friendship Centre	403-340-0020
AADAC	403-340-5274
Central Alberta AIDS Network Society	403-346-8858
Family Services of Central Alberta	403-343-6400
People's Place Shelter (5pm-9am)	403-342-4722

What to do to help:

- o Always take any indication of suicidal feelings seriously, no matter how casually they may be conveyed.
- o Ask them about their feelings
- o Specifically ask if they are feeling suicidal
- o Don't judge them and tell them what they should/shouldn't do.
- o Allow them to open up to you and share their feelings knowing that you are understanding what they are going through (even if you don't completely or don't agree with how they feel).
- o In a private place, let them express the pain that they have been suppressing inside of them.
- o Assess their Risk while they are talking. Listen to see what their thoughts are. Do they know when they are going to do it? How? Where? Do they have the means to carry their plan out (ex. access to weapons, prescription drugs, etc.)?
- o If the individual has a plan thought out and you know they have access to the means to carry it out, they are at a very high risk and 9-1-1 should be contacted to get them immediate help.
- o Let them know you care about them and want to get help together.
- o Don't promise to keep this a secret. Other people need to know.
- o It's not your job to fix their life, but you can get them in contact with appropriate resources who can help them.
- o Anyone who is suicidal needs the support of a counsellor. This provides them with the opportunity to learn new life strategies to cope with their stresses and pain.
- o Local distress lines are a great resource because they are professionals available 24/7.
- o It is our responsibility to respond to the signs that we see. We need to provide the chance for that person to make a more healthy choice.

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