Community Awareness Resources Education
What is Suicide?

- Suicide is not about wanting to die but rather about not wanting to live.
- Suicide is about escaping unbearable pain.
- Suicide is a means to try and end a situation in which a person feels trapped.
Every year in Canada there are *approximately* 4000 suicides.

What are the barriers to determining an accurate number for lives lost to suicide?
Why are we not talking more about suicide?
The myths and stigmas of suicide have historically silenced us

Myths and stigmas have convinced us that talking about suicide carries more risks than not talking about it

Without accurate information we have been scared into silence
It’s not a big problem, suicide is not all that common?
Only certain people are at risk for suicide. It would not be anyone I know?
If they talk about suicide they won’t do it, so I don’t need to be concerned?
It’s too risky to talk to someone about suicide. If they were not already thinking about it you might give them the idea to try it?
Suicidal behaviours are just attention seeking, it is better to just ignore it?
If they are considering suicide there is nothing I can do?
STIGMA – it is often considered ‘taboo’ to talk about suicide or to admit to having suicidal thoughts….but open discussion and awareness is needed to protect those at risk of suicide.

It is time to erase the stigma....
Being aware of the facts about suicide makes you a vital partner in suicide prevention in our community.
Warning Signs

Although there are many warning signs, every situation is unique ... the key is to understand how an individual feels about their life and how they see their current situation.
Warning Signs

- Current talk of suicide or planning
- Hopelessness
- Cannot cope with intense emotional pain
- Overwhelmed
- Preoccupation with death
- Change in behaviour, sleep, eating patterns
- Anxious, restless, depressed
What Can I Do?

• LISTEN

• ASK THE QUESTION

• GET HELP – FIND RESOURCES
LISTEN

• Be open and patient and LISTEN for the meaning behind the words
• Support their being open about suicide – don’t judge
• Don’t minimize their pain
• Offer empathy rather than try to ‘fix’ the problem
ASK THE QUESTION

• Ask clearly and directly “are you thinking of suicide?”
• Discuss risk of suicide – disable any immediate plan
• Offer support and compassion
GET HELP – FIND RESOURCES

- Don’t try to do it all alone
- NEVER keep it a secret
- Explore resources together
Remember!

- ANYONE can be at risk for suicide
- Take every threat seriously
- Listen, Ask, Get Help!
- Take care of yourself
Community Resources

YOU and your community
END THE SILENCE
IGNITE HOPE
PREVENT SUICIDE
Acknowledgements

• Developed and provided by the Achieve Mental Health Wellness & Recovery Centre
Acknowledgements

Special thanks are extended to both the United Way of Haldimand and Norfolk and the Hamilton Niagara Haldimand Brant Local Health Integration Network for funding support which made this project possible.