

**Igniting**  
*Scope*  
**CARE**  
**SUICIDE PREVENTION**

# C.A.R.E. Package



for suicide prevention

**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



# MYTH vs FACT



It's not a big problem, suicide is not all that common?



# MYTH vs FACT



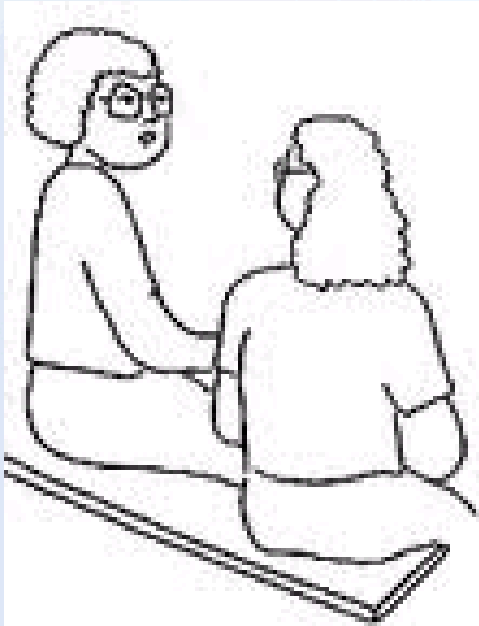
Only certain people are at risk for suicide. It would not be anyone I know?

# MYTH vs FACT



If they talk about suicide they won't do it, so I don't need to be concerned?

# MYTH vs FACT



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?

# MYTH vs FACT



Suicidal behaviours are just attention seeking, it is better to just ignore it?

# MYTH vs FACT



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





**THE**

**LAST  
WORD**

**END THE SILENCE  
IGNITE HOPE  
PREVENT SUICIDE**

# Acknowledgements

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**Achieve Mental Health  
Wellness & Recovery Centre**

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**United Way**  
of Haldimand and Norfolk



**Ontario**

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Hamilton Niagara Haldimand Brant  
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