



## SUICIDE

### How can you help?

If you are concerned that someone may be suicidal, take action. You can call and get help through the Peace Keepers at 450-632-6505 or at the Suicide Help line 1-800-567-6407.

Here a few basic steps to take, until you bring in other caregivers and support. There is help out there, you are not alone in wanting to save a life!

- If possible, talk with the person directly. The single-most important thing you can do is to **listen** attentively without judgement.
- Find a safe place to talk with the person, and allow as much time as necessary. Assure him/her of your concern and your respect for his/her privacy. Ask the person about recent events, and encourage him/her to express his/her feelings freely. Do not minimize the feelings involved.
- Ask whether the person feels desperate enough to consider suicide. If the answer is yes, ask, "Do you have a plan? How and where do you intend to kill yourself?" This will let you assess the danger level to their life. The more serious, the more you need to get help.
- Admit your own concern and fear if the person tells you that he/she is thinking about suicide but do not react by saying, "You shouldn't be having these thoughts; things can't be that bad." Remember, you are being trusted with someone's deepest feelings, don't pass judgement on them or their reason for wanting to die.
- Ask if there is anything you can do. Talk about resources that can be drawn on (family, friends, community agencies, crisis centres) to provide support, practical assistance, counselling or treatment.
- Make a plan with the person for the next few hours or days. Make contacts with him/her or on his/her behalf. If possible, go with the person to get help.
- Let the person know when you can be available, and then make sure you are available at those times. Also, make sure your limits are known, and try to arrange that there is always someone that he/she can call at any time of day.
- Ask who else knows about the suicidal feelings. Are there other people who should know? Is the person willing to tell them? Unfortunately, not everyone will treat this issue sensitively. Confidentiality is important, but do not keep the situation secret if a life is clearly in danger.
- Stay in touch to see how he/she is doing. Praise the person for having the courage to trust you and for continuing to live and struggle.

### What to do following a suicide attempt

A person may try to commit suicide without warning or despite your best efforts to help. If you are involved in giving first aid, make every effort to be calm, reassuring, and get medical help immediately.

The time following an attempt is critical. The person should receive intensive care during this time. Maintain regular contact, and work with the person to organize support. It is vital that he/she does not feel cut off or shunned as a result of attempting suicide.

Be aware that, if someone is intent on dying, you may not be able to stop it from happening. You cannot and should not carry the responsibility for someone else's choice.

### Do you need more help?

If you or someone you know is feeling suicidal and you need more information about resources in your area, contact a community organization, such as Shakotiiia'takehnhas Community Services 450-632-6880, which can help you find additional support

*"Every life is precious and has a purpose in our society"*



Shakotiiia'takehnhas Community Services  
450-632-6880

