



SUICIDE

How can you help yourself?

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.

What can you do if you are feeling suicidal?

The beginning of the way out is to let someone else in. This is very hard to do because, if you feel so desperate that suicide seems to be the only solution, you are likely very frightened and ashamed. There is no reason to be ashamed of feeling suicidal, it is a natural human reaction. There is no reason to feel ashamed for seeking help. You are not alone; many people have felt suicidal when facing difficult times and have survived, usually returning to their normal lives.

Take the risk of sharing your thoughts of killing yourself to someone you know and trust: a relative, friend, social service worker, or a spiritual advisor. There are many ways to cope and get support. The sense of desperation and the wish to die will not go away at once, but it will pass. Regaining your will to live is more important than anything else at the moment.

Some things that you can do are:

- Call a crisis telephone support line,
- Draw on the support of family and friends,
- Talk to your family doctor; he/she can refer you to services in the community, including counselling and hospital services,
- Set up frequent appointments with a mental health professional, and request telephone support between appointments,
- Get involved in self-help groups,
- Talk every day to at least one person you trust about how you are feeling,
- Think about seeking help from the emergency department of a local hospital,
- Talk to someone who has "been there" about what it was like and how he/she coped,
- Avoid making major decisions, which you may later regret.

Following an attempted suicide!

A person may try to commit suicide without warning or despite the best efforts to help. For those involved in giving first aid, make every effort to be calm and 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, it may not be possible to stop it from happening. People 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 Shakotia'takehnhas Community Services 450-632-6880, which can help you find additional support

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



Shakotia'takehnhas Community Services
450-632-6880

