



SUICIDE, Who is at risk?

People likely to commit suicide include those who:

- Are experiencing a major loss, such as the death of a loved one, unemployment or divorce, or a combination of these losses.
- Are experiencing major changes in their life cycles (teenagers, seniors).
- Have made previous suicide threats.
- Have a serious mental illness or have been recently diagnosed with a physical illness
- Are abusing alcohol or drugs,

Why do people commit suicide?

There are many reasons, which can contribute to someone's decision to end his/her life, but how a person feels about and perceives the reasons are more important than the reasons themselves.

All people who consider suicide feel a pain that is unbearable. They have an extreme sense of hopelessness, helplessness, and desperation. They want the pain to end. With some types of mental illness, people may hear voices or have delusions, which prompt them to kill themselves.

People who talk about committing suicide or make an attempt do not necessarily want to die. Often, they are reaching out for help. You can help them taking the ASIST training (Applied Suicide Intervention Skills Training) offered through Shakotii'a'takehnhas Community Services.

If someone you know is feeling desperate enough to commit suicide, you may be able to help him/her find a better way to cope.

If you yourself are so distressed that you cannot think of any way out except by "ending it all," remember, help for your problems is available.

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



Shakotii'a'takehnhas Community Services
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