

## PEOPLE THAT CAN HELP

### AB Mental Health HELP LINE

- Available 24 hours a day
- Talk to a registered nurse who is specially trained and can help you
- 1-877-303-2642

### Drayton Valley Mental Health

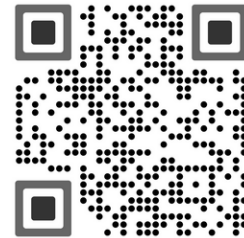
- Office Hours
- Call for information about services available in your area
- 1-780-542-3140

### Don't Forget

- Include family, friends, clergy that you can call:



## HELP IS ALWAYS AVAILABLE!



Pembina Crisis  
Connection Society

# ABOUT SUICIDIDE



## THINGS TO WATCH FOR

- Talking about suicide or previous attempts
- Doing Internet searches on how to die by suicide
- Changes in;
  - mood
  - appetite
  - sleep
  - concentration
  - behaviour/ interactions
- Increased use of drugs or alcohol
- Losing interest in things they cared about
- Withdrawal from family/ friends
- Change in work habits
- Careless about their appearance
- Visiting or calling people to say good-bye
- Giving away important possessions
- Putting affairs in order, writing a will
- When a person decides on a plan to end their life, they may seem calmer or even happy

Anytime a suicidal person gets worse or isn't safe, call 911 or take them to a hospital

## REDUCE THE RISK

- Discuss the need for increased supervision
- Discourage drug and alcohol use
- Remove guns from the home (or store ammunition separately - ask the police for advice on safe storage)
- Check for access to sources of carbon monoxide, sharp objects and means for hanging
- Remember, persons considering suicide may have several different plans

## WHAT TO DO

### IF THEY ARE SUICIDAL

- Don't leave the person alone
- Call 911 right away, or, if you can do so safely, take them to a hospital emergency room. Don't try to handle the situation without professional help
- Tell a family member or friend right away what is going on

## IF YOU SUSPECT A PROBLEM

- Be aware of triggers - losses, alcohol /drug use, troubled relationships, etc
- Be honest, respectful
- Take the person seriously - do not minimize problems or shame them into changing their mind.
- Ask What they are planning and LISTEN
- Encourage the person to get professional help immediately. If there is no immediate danger, offer to work with them to get help. Participate in making the first phone call and follow up
- NEVER keep a plan for suicide a secret. Don't worry about risking a friendship if you truly feel a life is in danger
- Ensure your own safety. Take care of yourself - talk to someone

Despite everyone's best effort, tragedy may still happen