SUICIDE PREVENTION & AWARENESS: OPENING ONE MORE DOOR

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Talking about suicide may give someone the idea. FACT or FICTION?

People who talk about suicide don’t actually do it. Suicide happens without warning. FACT or FICTION?

Suicide rates are higher for people of low income. FACT or FICTION?

More males commit suicide than females. FACT or FICTION?
FACT vs. FICTION

- Once a person is suicidal, they are suicidal forever. FACT or FICTION?

- Most suicides are caused by a single dramatic event. FACT or FICTION?

- Improvement following a serious personal crisis or depression means the risk of suicide is over. FACT or FICTION?

- It is unhelpful to talk about suicide with a person who is depressed. FACT or FICTION?
School & Society

- In trouble with school authorities or police
- Loss or disappointment in school
- Change of school and/or address
Interpersonal & Physical Issues

- Loss of an important person through death or divorce
- Recent suicide of a friend or relative
- Breaking up with a boyfriend or girlfriend
- Exposure to violence or bullying
- Feared pregnancy
- Major disappointment or humiliation
**Home Life**

- Chronic depression or mental illness in parent(s)
- Ongoing abuse of any kind (emotional, physical, sexual)
- Severe parent conflict
- Family involvement with drug or alcohol abuse
- Poor communication with parents
- Pressures to achieve or to gain parental approval or acceptance
Interpersonal Relationships

- Involvement in physical violence
- Inability to relate well to peers
- Sexual promiscuity
- Feelings of worthlessness, being a burden or having let parents or others down
- Feelings of guilt or failure
THE WARNING SIGNS OF SUICIDE

- Threatens suicide
- Talks about leaving
- Previous suicide attempts or self harming behaviour
- Talks, jokes, writes, texts, posts, tweets, draws with themes of death or suicide
- Talks about feeling worthless, hopeless or helpless
- Changes in eating or sleeping patterns
- Self neglect (hygiene, dress)
THE WARNING SIGNS OF SUICIDE
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- Starts giving away important possessions or throwing them away “I’m not going to need these anymore”
- Tidies up loose ends, makes amends, forgives enemies
- Significant mood swings
- Significant changes in behaviour, such as becoming more withdrawn (or outgoing) than before
- Increased risk taking behaviour
- After a period of withdrawal suddenly appearing like their “old self”.

70% of people who complete suicide tell someone about their plans, or give some type of warning sign.
WHAT YOU CAN DO TO BE HELPFUL

- Listen, listen, listen and stay calm.
- Ask THE question: “Are you thinking about suicide?”, “It sounds like you might be thinking about killing yourself?”
- Take threats seriously
- Let them talk about how they are feeling
- Be caring, accepting and non judgemental
- Let them know you are willing to help
- Stay with them
- Get help from a professional, you do NOT have to do this alone.
Blaming

Ignoring. If not taken seriously the suicidal crisis could worsen. By avoiding the topic it may seem as if you are not interested.

“They are just doing it for attention”

Keeping the secret – Your friend or child may not be happy about you not keeping this secret but it is better to have them be angry and safe.
WHERE TO GO FOR HELP

- Having a suicidal friend or child is not something you should keep to yourself, it is a heavy burden for anyone person to bear.
- Talk to a trusted adult, a parent, relative, neighbour, friend, doctor, religious leader
- At school you can speak to a Teacher, Support Worker, Counsellor, Principal or Vice-Principal
- 911
- Crisis lines
- Kids help phone
- Discussions at each of the F.O.R.C.E. community sites will cover specific local resources and supports.
Suicide is an option we all have, a door any of us can walk through at any time.

People that are feeling suicidal have gotten to a place where they feel that it is the only door left available to them, the only viable solution to their situation.

The simple act of listening, and showing that we are willing to have the conversation, opens one more door for them.