Where to Look for Help

- Family doctor
- Crisis Centre
- Emergency Department of your nearest hospital
- 1-800-SUICIDE
- Mental Health Teams
- Teacher or school counsellor
- Spiritual counsellor

Please call the S.A.F.E.R. office at 604-875-4794 for counselling or referral information.

Sharing of Information

Your right to privacy is important. We must protect confidentiality while balancing the need to share information in order to give you the best health care possible. If you have concerns, please talk to your counsellor.

Our service is free of charge.

S.A.F.E.R. also offers training and education about suicide and loss by suicide. For more information, please call 604-875-4794.

Web Resource

Coping with Suicidal Thoughts is intended for individuals who are currently experiencing suicidal ideation and/or have a plan or have made an attempt to hurt themselves. The document is designed to offer resources, information, support and practical steps to help cope with suicidality: www.carmha.ca/publications

S.A.F.E.R.

Suicide Attempt Follow-up, Education & Research
715 West 12th Avenue
Health Centre, Ground Floor
Vancouver, BC V5Z 1M9
604-875-4794

If You are Feeling Suicidal

For more copies, go online at http://vch.eduhealth.ca or email phem@vch.ca and quote Catalogue No. GV.150.S128
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The information in this document is intended solely for the person to whom it was given by the health care team.
www.vch.ca
How to Help Yourself If You are Suicidal

You may be feeling trapped or alone and think no one can help. YOU ARE NOT ALONE. Others who have gone through tough times have found help by talking to a friend or a counsellor. Asking for help is the best thing to do.

How S.A.F.E.R. Can Help

A S.A.F.E.R. counsellor can help you:

• Deal with painful feelings
• Talk about what has happened in your life that causes you pain
• Begin to set goals and feel more hopeful
• Learn how to work on and solve problems
• Build on your strengths
• Learn ways to cope that are less harmful to you
• Find other services that suit your needs

Some Signs of Suicide Risk

• Talking about death or suicide
• Suicide attempts in the past
• Recent painful losses (eg. suicide death of a loved one)
• Sudden changes in how they feel or what they do (eg. from being friendly and social to spending much time alone and sad)
• Depression (eg. crying, sleeping too much or too little, problems with eating, loss of hope)
• Getting ready to die (eg. giving things away, making a will or saying good-byes)
• More use of drugs or alcohol
• Not taking care of self

How You Can Help

• If you think someone is feeling suicidal – ASK. Talking about suicide is the first step in getting help
• LISTEN
• Try to understand the person’s thoughts and feelings
• Let them know you care. Help them find the right people to talk to
• Get support: family and close friends may be very helpful
• Help the person to remember their strengths
• Learn the warning signs of suicide and find help

When people talk about suicide, they need help.