

## 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 604-675-3985 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 604-675-3985.*

## 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](http://www.carmha.ca/publications)

## S.A.F.E.R.

Suicide Attempt Follow-up,  
Education & Research

1669 East Broadway, 3rd Floor  
Vancouver, BC V5N 1V9  
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For more copies, go online at <http://vch.eduhealth.ca> or email [phem@vch.ca](mailto:phem@vch.ca) and quote Catalogue No. **GV.150.S128**  
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[www.vch.ca](http://www.vch.ca)

# If You are Feeling Suicidal

**604-675-3985**

1669 East Broadway, 3rd Floor  
Vancouver, BC V5N 1V9

## What You Should Know About Suicide

You may have thoughts of suicide, or of wanting to give up. Many people think about suicide at some point in their lives. You may have a friend or relative who has been suicidal or you may have lost someone to suicide.

- Suicide can affect anyone – rich or poor, young or old, from any culture.
- Suicide is the second most common cause of death for youth aged 15 - 24 in B.C. The rate for people over 65 is also high.
- Some people who die by suicide have talked about it or given other clues before their death.

Others did not let anyone see the pain and confusion they felt before they died.

Some people have made more than one suicide attempt over their lifetime.

- Counselling offers a chance for people to learn new ways to cope with hard times and painful feelings.

***When people talk about suicide, they need help.***

## 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

## 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

***There are healthy ways to cope with pain.***