

## Referral Information

Our services are available to Vancouver residents (ages 18+) who are bereaved by suicide. We also offer services for people with suicidal thoughts and loved ones who are concerned about them.

Please call the Access and Assessment Centre (AAC) to connect with S.A.F.E.R. You may call or walk-in to the AAC 24/7.

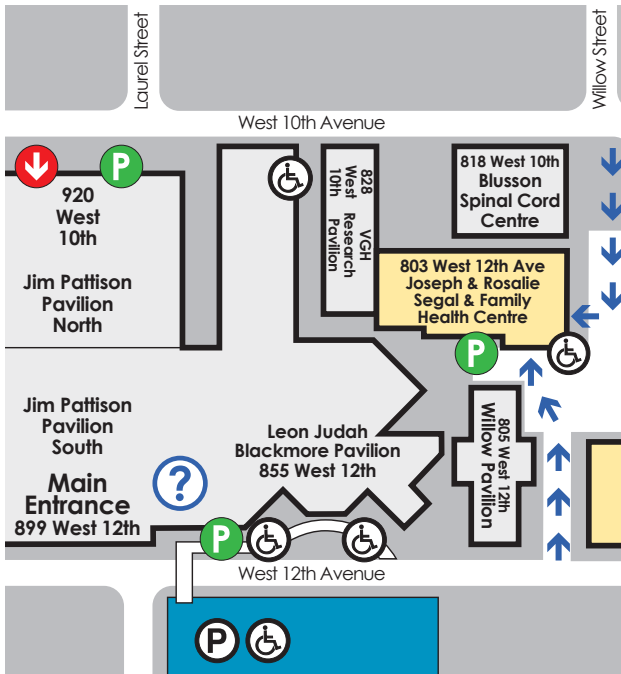
**Access and Assessment Centre**  
**604-675-3700**  
**803 West 12th Avenue**  
**Segal Family Health Centre**  
**Level 1**  
**Vancouver, BC V5Z 1M9**

## Mental Health and Substance Use Outpatient Services

**S.A.F.E.R.**  
**SUICIDE ATTEMPT FOLLOW-UP,**  
**EDUCATION & RESEARCH**

# If You are feeling Suicidal

For Referrals  
Please contact the Access and Assessment Centre (AAC) via phone or in person



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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The information in this document is intended solely for the person to whom it was given by the health care team.  
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## What You Should Know About Suicide

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

- Suicide can affect anyone regardless of age, cultural background, or socioeconomic group.
- 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.

## When To Get Help

You may:

- Be having thoughts about wanting to die, disappear, wanting the pain to go away, or feeling overwhelmed.
- Have thought of ways to kill yourself.
- Be giving away things, making a will or saying goodbyes.
- Using drugs and alcohol to cope.
- Not taking care of yourself.
- Have had recent painful losses.
- Have noticed changes in your mood, feeling anxious or depressed.

## Where To Get Help

You may be feeling trapped or alone and think no one can help. **You are not alone.** Others who have gone through difficult times have found help by talking to a friend or a counsellor. Asking for help is the best thing to do. Here are some places to ask for help:

- Family doctor.
- Emergency Department of your nearest hospital.
- Access and Assessment Centre.
- Crisis Line: 1-800-SUICIDE.
- Current counsellor.
- S.A.F.E.R.

**There are resources that can support you.**



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

S.A.F.E.R. is a free of charge, time-limited counselling service offered at Mental Health and Substance Use Outpatient Services.

Counselling may help you learn new ways to cope with difficult times and painful feelings.

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

- Discuss ways to keep you safe.
- 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.

**We offer a safe, non-judgmental space for all of our clients.**