

Referral Information

Our services are available to Vancouver residents (ages 18+) who are concerned about someone who is suicidal. We also offer services for people with suicidal thoughts and suicide bereavement.

Please call the Access and Assessment Centre (AAC) to connect with S.A.F.E.R.

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**

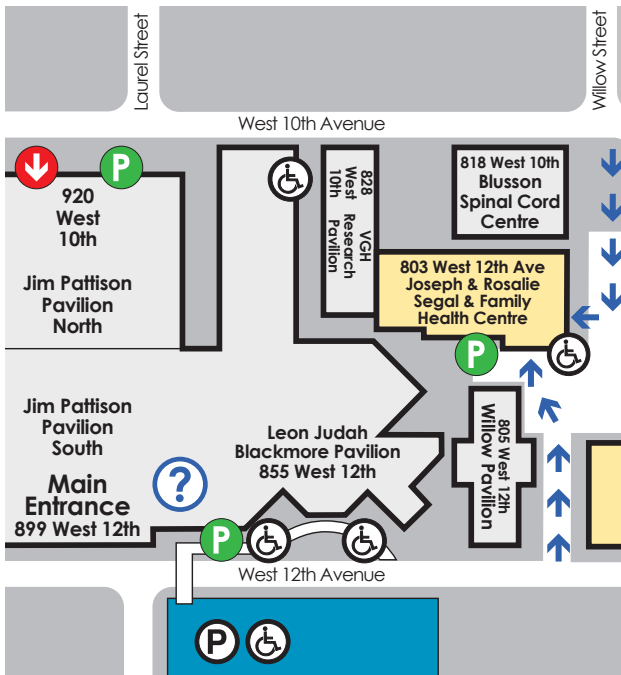
S.A.F.E.R.
**SUICIDE ATTEMPT FOLLOW-UP,
EDUCATION & RESEARCH**

Are You Concerned About Someone Who is Suicidal?

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

604-675-3700

803 West 12th Avenue
Segal Family Health Centre, Level 1
Vancouver, BC V5Z 1M9



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Are You Concerned About Someone Who is Suicidal?

Sometimes supporting a suicidal person can be very stressful.

Learning about suicide prevention may be the first step in helping the person you care about to get help.

Some Warning Signs You Might Notice

- Talking or hinting about death or suicide.
- Past suicide attempts.
- Recent painful losses.
- Difficulty coping with stress.
- Sudden changes in how the person acts or feels.
- Signs of depression (crying, problems sleeping or eating, feeling hopeless).
- Getting ready for death (saying goodbye, giving things away, making a will).
- Increasing use of alcohol or substances.
- Increased risk-taking behaviors.

What To Do If You've Noticed Some Warning Signs.

- If you think someone is suicidal, ask them. Asking someone if they're suicidal doesn't make it worse, it shows that you care.
- Sometimes people may want to talk about their feelings with you, listen to them.
- If someone does tell you they are suicidal, share your concerns with people you trust: family, close friends, family doctor.
- Help the person find the support they need.

Where To Get 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.

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

S.A.F.E.R. counsellors can help. We can offer up to three appointments if you are concerned about someone who is suicidal. We will talk about what to do, how to get help, and where to go for more support.

S.A.F.E.R. Provides a place to:

- Individual counselling if you have lost someone you care about to suicide.
- Counsellor led group for those ready to work on their grief with others.

**If someone expresses suicidal thoughts, take action.
Help is available.**

