



Suicide Prevention

Anyone can, at one time or another in their life, feel distress and a feeling of hopelessness that leads them to think of suicide. However, it is possible to get better and seeking support is the first step.

RISK FACTORS

- Mental health challenges (depression, anxiety disorders, BPD)
- Previous suicidal thoughts, behaviors or attempts
- Having family members or friends who have attempted or died by suicide
- Deliberate self injury
- Loss of an important relationship (ie: a breakup)
- Isolation and the absence of significant connections in the family
- Academic difficulties
- Conflict with peers with humiliation and/or rejection
- Drug and alcohol use

WARNING SIGNS

- Suicidal threats both direct ("I want to die") and indirect ("Without me you'll be happier")
- Suicide notes, social media posts, saying goodbye; implying that you will not see each other again
- Making final plans; giving away belongings
- Preoccupation with death; writing poems or texts, drawing pictures, consulting websites dedicated to death, researching ways to commit suicide
- Increase in risky behavior; increased use of drugs and alcohol, unprotected sex, driving recklessly
- Changes in behavior, sleeping, eating, appearance, hygiene
- Extreme mood swings, rage, withdrawal and intense feelings of sadness, worthlessness and hopelessness



Excerpt from suicideactionmontreal.org

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Last update: 2021/08/16 -Please note that some information or resources may have changed since the last update.





WHAT TO DO



If you are experiencing suicidal thoughts:

Recognize the warning signs in yourself so that you can identify when you need to seek help.

Remember that suicidal thoughts are the result of treatable problems.

Avoid drugs and alcohol.

GET HELP! It can get better:

- Tell a trusted adult (ie: family member, school personnel, coach, therapist, doctor etc.)
- Contact one of the resources listed below or call 9-1-1 or present yourself to the ER of the nearest hospital if you feel you are at imminent risk

If your child or loved one is experiencing suicidal thoughts:

Connect. Listen, be accepting, don't judge, validate their feelings and experiences.

Confirm. Ask if they have thoughts of dying or suicide. Directly asking someone if they have thoughts of suicide does not suggest the idea. On the contrary, it opens the door to expression of suffering and asking for help.

Protect. Take any threats made seriously. Ensure that the person does not have access to any means that could be used to harm themselves (ie: medications, drugs, alcohol, sharp objects, firearms).

Stay. Do not leave alone a person you are concerned about being at imminent risk.

Act. If you are worried the person is at imminent risk, call 911 or accompany the person to the ER of the nearest hospital. You can also seek support through the resources listed below.

https://www.nasponline.org/assets/images/Resources%20and%20Publications/Resources/PrevetingYouthSuicide_TeenVersion_FINAL.png

BOOKS

Hurley, K. (2019). *The Depression Workbook for Teens: Tools to Improve Your Mood, Build Self-Esteem and Stay Motivated*. Althea Press.

Pratt, D. (2019). *CBT Toolbox for Depressed, Anxious & Suicidal Children and Adolescents*. Pesi Pub & Media.

Yohe, D. (2016). *You Are Not Alone: Hope for Hurting Parents of Troubled Kids*. WaterBrook.



- **9-1-1:** If you or a loved one are in imminent danger call for immediate assistance
- **8-1-1:** Info-Sociale, <https://www.quebec.ca/sante/trouver-une-ressource/consulter-un-professionnel/info-social-811/>
- **Suicide Action Montréal:** 24/7 - Free call: 1-866-277-3553 <https://suicideactionmontreal.org/>
- **Tel-Jeunes:** Support for youth under 20 years old, 24/7, free call 1-800-263-2266, text 514-600-1002, online chat or email: <https://www.teljeunes.com/Tel-jeunes>
- **Kids Help Phone:** 24/7 - Free call: 1-800-668-6868 <https://kidshelpphone.ca/>
- **L'Autre Maison Crisis Center:** 24/7 - Tel: 514-768-7225 <https://centredecrise.ca/lautre-maison>
- **West Island Crisis Center:** 24/7- Tel: 514-684-6160 <https://centredecriseoi.com/>
- **Friends for Mental Health:** Tel: 514-636-6885 <https://info@asmfmh.org>

