

Don't hide big problems with small talk

If you need help call your local **Addiction and Mental Health centre**, or **811** for more information.

Suicide Prevention Guidelines
for recognizing and preventing
suicidal behaviour

Some warning signs

The person is:

- depressed
- increasingly isolated
- giving away prized possessions
- doing poorly in school or at work
- making statements about wanting to die
- acting in an aggressive manner
- taking unnecessary risks
- threatening to harm oneself or others
- suddenly happy for no reason after a long depression
- abusing drugs and/or alcohol

More than one sign could mean that help is necessary. Note how long the signs have been present; how deeply the person feels about the things that have gone wrong in his/her life; and how many signs are present at one time.

What you can do to help a depressed or suicidal person

- Remain calm
- Take the person seriously
- Listen to the person with concern
- Be non judgmental
- Ask the person if he/she has ever felt unhappy for a long time and assure him/her that things can and will change
- Be especially concerned if the person uses drugs and/or alcohol because his or her judgment may be impaired
- Ask if the person has suicidal thoughts
- Give the person the number of a service that can provide help and make sure the person calls
- Stay with the person
- If the person is suicidal and refuses to get help, tell a professional who can help as soon as possible

What to say to a troubled person

"I'm here for you; don't give up"
"I want to hear about what's bothering you"
"I really care about you"
"Let's talk and try to make things better for you"
"Things are tough now, but they will change. You've got to hang in there, and I'm here to help"
"I would feel horrible if you hurt yourself, and I don't want you to die"
"If I can't help you, I'll help you find someone who can"

Don't

- Ignore or put the person down
- Change the subject
- Try to handle it alone if the person doesn't respond to your efforts to help
- Suggest drugs or alcohol as a solution

In the majority of suicides, drugs and/or alcohol are a factor. Be more vigilant if you know the person is using drugs and/or alcohol to deal with problems.

To get help, contact:

- A community member you trust
- A family physician
- Tele-Care 811 for more information on available resources in your region;
- Chimo helpline, 1-800-667-5005
- Kids Help Phone, 1-800-668-6868
- Mobile Crisis Intervention Services
- Your local community mental health centre
- The nearest hospital emergency department
- 9-1-1, in case of emergency

REMEMBER - If you are concerned that a person is suicidal, listen carefully, stay with him or her, and get professional help as soon as possible.

You cannot take responsibility for another person's life. The decision is his or hers. You may, however, be able to help the person see other ways of dealing with his or her problems and pain.

Visit: www.gnb.ca/health