



Better Health



Suicide Prevention Tips

Welcome, Tansi, Edlaneté

The Keewatin Yatthe Regional Health Authority would like to bring you some important tips about a very sensitive topic – suicide.

Remember to share this with your co-workers and clients, and to post in your facility and community.

Send your questions, comments and submissions to:
Ashley Norton,
Suicide Prevention Worker
Ashley.Norton@kyrha.sk.ca

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)

suicidepreventionlifeline.org

**Help is available
for you or someone
you care about – 24/7**

What to do when someone is suicidal

- 1 Stay with the person** and ask about suicide directly
Ask: “Sometimes when people feel sad, they have thoughts of harming or killing themselves. Have you had such thoughts?”
“Are you thinking about killing yourself?”
“Are you considering suicide?”
Ask about the person’s thoughts. Ask about the plan, method and means. Are they lethal? Are they available?
Contrary to popular belief, asking about suicide does not put the idea into people’s heads.
- 2 Listen**
Remain calm. In most cases there is no need to rush. Focus on listening and understanding. Reflect back feelings and paraphrase: “What I hear you say is you are in a great deal of pain and feel hopeless” or “Let me see if I am understanding this correctly.”
Encourage problem solving and positive actions, but don’t try to take away or minimize pain.
Encourage not making irreversible decisions while in a crisis. Listen with respect. Suicidal people need understanding. Tell them: “I don’t want you to die. I will hold onto the hope for you until you can feel it too.”
Take all suicide threats seriously. Listen and express concern in a non-judgemental way. Show you care.
- 3 Get or call for help immediately**
Take charge, take action. Don’t worry about invading privacy.
Suicide prevention is your business. Don’t leave it up to the person to get help. Get assistance. Seek out resources.
- 4 What not to do**
 - Do not keep it a secret
 - Do not treat the issue lightly
 - Do not leave the person alone
 - Do not judge the person
 - Do not offer or suggest drugs or alcohol
 - Do not offer simple solutions
 - Do not play therapist

Kids Help Line 1-800-668-6868

HealthLine 811

**For more information, contact Ashley Norton, Suicide Prevention Worker, at:
639-822-7040 or Ashley.Norton@kyrha.sk.ca**