



# Feeling Suicidal?

**Suicidal thoughts are powerful and they can become our main focus. We may find it difficult to have more positive thoughts and feelings.**

## **Suggestions to Help You when Suicide Seems Like the Only Answer:**

1. Acknowledge **your feelings**. It is okay to feel many things including desperation, fear, shame and sadness.
2. Think of someone who you can trust and feel safe with. **Talk and share** your suicidal thoughts and feelings.
3. Call a **Crisis Support Line** or go to the Emergency Department of the nearest hospital.
4. **Seek help** from your doctor or a mental health professional.
5. Acknowledge **your strength** for staying alive in spite of the powerful negative feelings that suicide provokes.
6. Spend time with a pet, friend, grandchild or someone who **needs you**.
7. **Get active** by going for a walk or doing a small project, and praise yourself for your accomplishment.
8. Start a **creative project** such as writing, cooking or crafts.
9. Acknowledge and identify non-suicidal thoughts and feelings and **remember** times when you felt hope.
10. Remember it is **okay** to ask for help, and that there are people who truly care and **want** to help you.

**The Suicide Awareness Council of Wellington-Dufferin is dedicated to helping reduce suicide and its impact on individuals, families, and communities.**

If you find this fact sheet useful, please feel free to make copies and pass it along to others.  
For more information about the Council, go to [www.sacwd.ca](http://www.sacwd.ca)



SUICIDE AWARENESS COUNCIL  
OF WELLINGTON-DUFFERIN  
*Helping Reduce Suicide and its  
Impact on our Community*

## Feeling Suicidal? continued...

In Wellington-Dufferin Counties, there are a number of resources that can help.

Are you in immediate life threatening crisis -

**AMBULANCE / FIRE / POLICE 911**

If you are you feeling suicidal –



**1 844 437 3247**  
(HERE247)

Call anytime to access  
Addictions, Mental Health  
& Crisis Services  
Waterloo-Wellington-Dufferin

**Dufferin Child & Family  
Services**  
**519-941-1530**

Dufferin County mental  
health services for youth  
under the age of 18 years.

Community Torchlight (formerly Distress Centre Wellington-Dufferin) **(1-888) 821-3760**

Dufferin Child & Family Services **519-941-1530**

Guelph General Hospital, Guelph **519-822-5350**

Groves Memorial Hospital, Fergus **519-843-2010**

Headwaters Health Care Centre (Orangeville) **519-941-2410**

Louise Marshall Hospital, Mount Forest **519-323-2210**

Palmerston & District Hospital **519-343-2030**

**If you, or someone you know need support after a suicide attempt, please reach out:**

Addictions, Mental Health & Crisis Services WWD **1-844-437-3247**

Canadian Mental Health Association, WW **1-844-264-2993**

Community Torchlight **1-888-821-3760**

Dufferin Child & Family Services **519-941-1530**

Family Counselling & Support Services **1-800-307-7078**

Homewood Health Centre **519-824-1010**