

Signs of Suicide Risk

Suicide is a planned action that a person takes when they feel that death is the only answer to their emotional or physical pain, stress or problems. Death is felt to be the only escape. There are many reasons why someone may take their own life. The feelings surrounding these reasons are usually more significant than the reasons themselves and therefore it is important to understand these thoughts and feelings.

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

www.sacwd.ca



RESOURCES IN WELLINGTON & DUFFERIN COUNTIES

HERE 24/7 (Wellington-Waterloo)

Canadian Mental Health Association Waterloo Wellington

1-844-437-3247

TTY 1-877-688-5501

Access to crisis, addictions and mental health services.

24.7 Crisis Peel Dufferin CMHA

1-888-811-2222

Distress Line: Daily 8:30 a.m. - 10:00 p.m.

1-888-821-3760

Kids Help Phone

1-800-668-6868 Text: 686868

This brochure is for information only. The Suicide Awareness Council of Wellington Dufferin does not provide crisis intervention or counseling.



**SUICIDE AWARENESS COUNCIL
OF WELLINGTON - DUFFERIN**

SIGNS OF SUICIDE RISK



Risks that can Contribute to Suicidal Thoughts and Feelings:

Having to cope with the pain of a serious physical or mental illness.

Excessive use of alcohol, illegal and/or prescription drugs and/or other substances.

Previous suicide attempts.

Experiencing a traumatic event or major loss(es).

Recent suicide of a relative or friend, or family history of suicide.

Currently experiencing or have a history of coping with abuse, family violence, bullying or sexual assault.

Major life change or series of changes (e.g. birth of a child, retirement, moving).

Sexual orientation issues and the impact of judgements

The aging process, loss of freedom, loneliness, and social isolation.

Peer pressure, low self-esteem, and self-inflicted harm as a way of coping .

Suicidal thoughts are very painful and take up a great deal of energy. Awareness of the possible signs of risk can lead the person to get help sooner. Be alert to sudden changes in behaviour that are significant and that are noticeable in a person's life.

- Suicidal threats
- Self-harming actions
- Previous suicide attempts
- Talking and joking about suicide
- Major personality changes, moodiness
- Preoccupation with the theme of death and dying
- Expressions of helplessness, hopelessness and desperation
- Giving away possessions to family and friends and making a Will

Creating opportunities for open and non-judgmental dialogue about feelings of suicide is one of the most important ways to prevent suicide before it happens.

People who are thinking about suicide are desperate for help to escape their pain. **Supporting people to realize that they are not alone and that there are people who care and who will help is crucial.**

You can help by ..

Staying calm

Not minimizing or dismissing their feelings

Listen to what they are saying and encourage them to talk; help them clarify and define the problem if you can

Ask directly about thoughts of suicide

Don't keep it a secret –tell someone

Stay with the person until they are safe. Help them to make a safety plan

Connect them with resources in the community. If the person is in immediate crisis call 911 or go to the nearest hospital emergency department.

