



# Manitoba Addictions Awareness Week



## Some Facts About Suicide

### Warning Signs Of Suicide

#### Someone you know:

- ❖ Talks, reads or writes about wanting to die;
- ❖ Repeatedly expresses hopelessness, helplessness, or desperation;
- ❖ Exhibits signs of depression, e.g. sleeplessness, social withdrawal, loss of appetite;
- ❖ Loses interest in usual activities, e.g. drops out of sports, hobbies, activities...skips school, classes;
- ❖ Loses self-esteem; changes behaviour, appearance or mood;
- ❖ Abuses drugs and/or alcohol and is displaying other warning signs;
- ❖ Deliberately injures themselves or has made previous suicide attempts;
- ❖ Suddenly and unexpectedly changes to a cheerful attitude after a period of depression;
- ❖ Gives away prized possessions, visits or calls friends to say goodbye;
- ❖ Sets affairs in order for e.g. makes a will, takes out insurance, tells final wishes to someone close;
- ❖ Has lost someone close to them through suicide and is displaying other signs;
- ❖ Threatens suicide - such threats should always be taken very seriously.

### Take all threats of suicide seriously!

#### Information for educators:

- ❖ Teachers are required to follow guidelines as developed through the school division/district on content that requires sensitive treatment as well as policy and responsibilities related to intervention and aftercare.

#### Information for other adults:

- ❖ Stay calm, find a safe, private place to talk, and listen;
- ❖ Encourage the person to talk about their feelings freely, be accepting, do not judge;
- ❖ Ask if the person is having suicidal thoughts;
- ❖ **If you are still concerned, stay with the person and take them to the nearest Hospital Emergency Room/Medical Facility; insist on a psychiatric assessment.**

#### Important information for young people to receive:

- ❖ Take all threats of suicide seriously!
- ❖ **Don't swear to secrecy** - a life may be in danger - **tell a trusted adult right away** : a teacher, a counselor, a parent.

*Please note full disclaimer on Kit's inside front cover; this information is not intended as a substitute for professional advice.*

## Where Can You Get Help?

**You can't do it alone – some suggestions for people/organizations that can help:**

- ❖ Family, friends, parents, relatives, counselors, teachers, clergy, other caregivers;
- ❖ Family doctor, mental health services, hospital emergency or nearest medical facility.

### **Some Manitoba/National Crisis Lines:**

- ❖ Teen Touch - (204) 783-1116 or 1-800-563-8336
- ❖ Klinik - Winnipeg - (204) 784-4090
- ❖ Brandon - Salvation Army - Mobile Crisis Unit (204) 725-4411, Crisis Stabilization Unit (204) 727-2555
- ❖ Selkirk - Salvation Army - Mobile Crisis Unit (204) 482-5376, Crisis Stabilization Unit (204) 482-5361
- ❖ Winnipeg - Salvation Army - Mobile Crisis Unit (204) 946-9109, Crisis Stabilization Unit 24 hour line (204) 946-9420
- ❖ Health Sciences Centre - Winnipeg - Emergency Department - Psychhealth - Crisis (204) 787-3167 or Child and Adolescent Mental Health Program - (204) 237-2690
- ❖ St. Boniface Hospital Children and Mental Health Program - (204) 237-2690
- ❖ Children's Hospital Emergency Department - Winnipeg - Crisis (204) 787-4244
- ❖ Manitoba Adolescent Treatment Centre - Winnipeg - (204) 477-6391
- ❖ Children's Clubhouse - 1-800-665-0570
- ❖ MacDonald Youth Services - (204) 949-4777

**If you, or someone you care about is in Crisis phone: (204) 786-8686**

## For More Information On Suicide/Depression:

### **Resource Centers:**

- ❖ Addictions Foundation of Manitoba Library, PH:(204) 944-6367 or e-mail [library@afm.mb.ca](mailto:library@afm.mb.ca):
  - Loans video/book resources on addictions and related issues, including mental health topics such as suicide and depression, membership is available and free to Manitobans, and resources can be shipped throughout the province (shipping costs apply). For a list of resources available contact the library today.
- ❖ Mental Health Education Resource Centre of Manitoba (MHERC), PH:(204) 772-4917, Toll free: 1-866-997-9918, [www.mherc.mb.ca](http://www.mherc.mb.ca)
  - Loans educational information (videos, books, presentation kits, etc.) to Manitobans on mental health topics. For information on mental health resources, services and related issues contact MHERC's Resource Coordinator.

### **Organizations/Websites:**

- ❖ ASIST: Applied Intervention Suicide Skills Training, [www.livingworks.net](http://www.livingworks.net) or for a local registered trainer call Sam Anderson, R.C.M.P. at 204-984-3295.
- ❖ SPEAK: Suicide Prevention Education Awareness Knowledge, PH:(204) 831-3610 and [www.speak-out.mb.ca](http://www.speak-out.mb.ca)
  - Provides a suicide support group, raises awareness and delivers information about the link between depression and suicide using brochures, printouts, videos and other educational material. Offers workshops and school presentations.
- ❖ Canadian Mental Health Association:
  - Promotes mental health of all people and serves mental health consumers, their families and friends. Serves Manitobans through such initiatives as research, information services, workshops, seminars, publications and a consumer information resource center. For more information contact your mental health worker/association.
    - Manitoba Division, PH:(204) 953-2350 and [www.cmhamanitoba.mb.ca](http://www.cmhamanitoba.mb.ca)
    - Winnipeg Region, PH:(204) 982-6100

Sources: *Suicide Help Card* by SIEC Suicide Information & Education Centre; *What's the Matter? A Guideline for Recognizing Childhood Depression* [brochure] and *Depression: Treat it as if your life depended on it: Guides for Suicide Prevention* [brochures] by SPEAK Suicide Prevention Education Knowledge; *Reflections on Youth Suicide* by Canadian Mental Health Assoc