

BACKGROUND

There are many changes that can happen as you get older. You might be okay with some of the changes, but there may be some that are not so welcome.

Retirement, ill health, and the death of a spouse or friends are all things that could cause stress and depression in older adults. These, in turn, may lead to suicide and suicidal behaviour.

Statistics show that elderly people, especially males, have rates that are higher than those among teens and among the population as a whole.

Suicide robs our society of talent, skills and knowledge, as well as people we love.

Since suicide for the older person does not happen on the spur of the moment, there is opportunity to help the older person get help.

Suicide can be prevented.



Look at these for websites for more information:

Ontario Suicide Prevention Network (OSPN):
www.ontariosuicidepreventionnetwork.ca

Centre for Suicide Prevention:
<http://www.suicideinfo.ca>

Health Canada: www.hc-sc.gc.ca

The Waterloo Region Suicide Prevention Council: www.wrspc.ca

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The Waterloo Region Suicide Prevention Council
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c/o Canadian Mental Health Associations
67 King St. East
Kitchener, ON N2G 2K4
(519) 744-7645 Ext. 310
Please note: This is not a crisis line



**Waterloo Region
Suicide Prevention Council**

Suicide Awareness is Important

WHY?? SUICIDE & THE OLDER ADULT

Let's talk about it

Quick Facts

- As many as 20% of people age 65 and over suffer mild to severe depression.
- The incidence of suicide among men 80 years of age and over is the highest of all age groups.
- Hospitalization for major depression and anxiety disorders increase after age 65 for both men and women.

RISK FACTORS and WARNING SIGNS

A suicidal person may:

- appear depressed, sad or agitated
- have feelings of hopelessness
- have extreme mood changes
- lose interest in meaningful activities
- change eating habits
- withdraw from family and friends
- feel tired most of the time
- change in how they care for themselves
- not take medication properly
- abuse alcohol or drugs
- have sleep problems
- gain or lose a lot of weight
- quickly make important decisions about funeral arrangements, insurance, wills and beneficiaries.

WHAT CAN I DO FOR MYSELF?...

- Ask for help from family, friends, clergy, or family doctor.
- Find people you can trust and talk to.
- Get lots of sleep.
- Eat healthy foods.
- Exercise gently; physical activity helps to relieve stress.
- Try relaxation exercises.
- If able, get involved outside of your home.
- Take your medication as directed.
- Cut back on tea and coffee.
- Avoid alcohol.
- Set daily goals for yourself.

WHAT CAN OTHERS DO?...

- Listen carefully.
- If you are worried about someone, ask them directly if they are considering suicide.
- Do not be judgmental, or debate right or wrong.
- Do not deal with this on your own; get help.
- Let the person know that there is help available.
- Stay with the person until they are safe.



FINDING HELP

CRISIS SERVICES OF
WATERLOO REGION:

519-744-1813

1-866-366-4566

GRAND RIVER HOSPITAL:

519-742-3611

CAMBRIDGE MEMORIAL
HOSPITAL:

519-621-2330

Canadian Mental Health
Association DISTRESS LINE
Kitchener-Waterloo:

519-745-1166

COMMUNITY CARE
ACCESS CENTRE:

1-888-883-3313

In an emergency,
call 911 or
go to the nearest
emergency department.