

Feeling Suicidal?

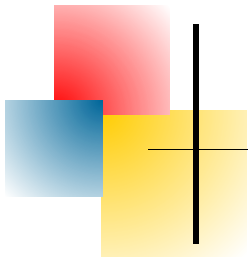
Suicidal thoughts are powerful and they can become our main focus. We may find it difficult to have more positive thoughts and feelings.

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 Resource Group, Wellington-Dufferin is dedicated to the reduction of suicide and suicidal behaviour 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 Suicide Resource Group, please call 519-766-4450 x231



Feeling Suicidal? Continued. . .

In Wellington-Dufferin Counties, there are a number of resources that can help you if you are feeling suicidal, and are in an immediate crisis:

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

Ambulance, Fire, Police **911**

Children's Mental Health Crisis, Dufferin **519-941-1530**

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

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

Headwaters Hospital, Orangeville **519-941-2410**

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

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

If you, or someone you know have had thoughts of suicide and need some support, consider calling these numbers:

Canadian Mental Health Association, *Centres for Mental Health*

Erin 519-833-2418

Guelph 519-836-6220 / 1-888-255-2642

Orangeville 519-938-8776

Community Mental Health Clinic

Fergus 519-843-6191

Guelph 519-821-2060

Mount Forest 519-323-4004

Orangeville 519-941-0465

Palmerston 519-343-4848

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

Homewood Health Centre 519-824-1010

Distress Centre Wellington-Dufferin (1-888) 821-3760