

Crisis/Support Phone Numbers In Waterloo Region

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

Grand River Hospital Crisis Line:
519-742-3611(ask for crisis team)

Grand River Hospital Mental Health Services:
519-749-4310

Distress Line (Waterloo Region):
519-745-1166

Cambridge Memorial Hospital Emergency:
519-621-2330

Cambridge Memorial Hospital
Mental Health Services:
519-740-4900

Crisis Services of Waterloo Region:
519-744-1813
1-800-366-4566

Youth Line:
519-745-9909

Kids' Help Phone:
1-800-668-6868

Parents' Help Phone:
1-888-603-9100

GLOW (Gays & Lesbians of Waterloo):
519-884-4569

Look on the following websites for more information:

Ontario Suicide Prevention Network:
www.ontariosuicidepreventionnetwork.ca

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

Suicide Information and Education Centre:
www.suicideinfo.ca

Canadian Association for Suicide
Prevention:
www.suicideprevention.ca

Produced by
The Waterloo Region Suicide Prevention
Council
(2nd Printing)
c/o Canadian Mental Health Association
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?? YOUTH SUICIDE

Let's Talk About It

Quick Facts

- Suicide is the 3rd leading cause of death among youth
- For each death by suicide there are as many as 100 suicide attempts
- One in ten adolescents thinks about suicide
- 38% of Ontario students report feeling constantly under stress
- Suicide is often triggered by an event

It is difficult to determine who is, or who might become suicidal. Suicide may be prevented if we know the signs and symptoms, risk factors, and where to go for help.

Recognize:

Look for the warning signs of suicide*

- Talks about wanting to die or is making plans about when and how to die by suicide
- Threatens suicide or deliberately injures themselves
- Any previous suicide attempt
- Recent attempt or death by suicide by significant person
- Sudden changes in mood, behaviour or appearance
- Giving away prized possessions
- Seems depressed, sad, hopeless or withdrawn
- An increase in drug or alcohol use

**People at risk usually show one or more warning signs but it is possible that there will be none.*

Respond:

Mentioning suicide will not put the idea in someone's mind. Talking can help prevent a suicidal person from acting on their idea.

- Stay calm and listen
- Let them talk about their feelings
- ASK if they have suicidal thoughts
- Be accepting – don't judge
- Stay with the person until they are safe
- Take all threats and concerns seriously

Refer:

You need to get help for the suicidal person and for yourself. DON'T swear secrecy and DON'T try to solve their problems for them.

Some People Who Can Help:

- Family, Friends or Relatives
- Teacher, Clergy or Elder
- Professional Counsellor
- Family Doctor
- Crisis Line
- Mental Health Services
- Hospital Emergency Department

Suicide Information and Education Centre (1996)
Facing the Facts

How Can I Help A Friend?

Fact:

Asking someone if they are thinking about suicide will not give them the idea. If you think a friend is suicidal, do something. Reaching out can save a life.

• Be a friend:

Be there; keep an eye on them; ask them how they feel; support your friend and try to give them hope.

• Listen carefully:

Take what they say seriously; let them know that there is help available; do not promise to keep it a secret.

• Is the person in a crisis situation?:

Watch for warning signs; ask them up front if they are considering suicide; talk about feelings honestly; ask if they have a plan and the means to carry it out.

• Do not deal with this on your own:

Get help from parents or a trusted adult, family, friends, doctors and community support services.



***Suicide Awareness is Important
Let's Talk About It***

How Can I Help Myself?

- **Ask for HELP:** from family, friends, family doctor, clergy, school
- Develop a support system around you: find an adult and/or peer you can trust and talk to
- Get lots of sleep
- Eat healthy foods
- Exercise: physical activity helps to relieve stress
- Try relaxation exercises: yoga, deep breathing, meditation, etc.
- Get involved in helping others, or in an activity you enjoy
- Avoid using drugs, alcohol or caffeine
- Keep yourself safe. Make a positive plan: take it one hour at a time, one day at a time
- Set goals for yourself
- Learn how to problem solve