

Look for support on-line:



<http://www.youtube.com/watch?v=T1Y410Pgoao&feature=youtu.be>

<http://youtu.be/Xbbgef2s57U>



www.capaoc.org



www.dcontario.org



www.suicideprevention.ca



www.hopesalive.ca



www.neline.org



Self-help iPhone/iPad/Touch mental health apps, plus
Android and web-based programs

[Operation Reach Out](#)
[Hello, Cruel World](#)
[ASK & Prevent Suicide](#)

Others in your area who can offer you help:

If you are suicidal now call **911**

Grey & Bruce Distress Line
1-888-371-8485

Hamilton Distress Centre
905-877-1211

North Halton Distress Centre
905-877-1211

Oakville Distress Centre
905-849-4541

Waterloo Distress Centre
519-745-1166

Wellington Distress Centre
519-256-5000

Salvation Army Suicide Prevention
Services (Hamilton)
905-522-1477

Teen Neline Hotline
1-800-999-9999

Mental Health Services Ontario
1-866-531-2600

Suicide Hot-line
1-800-784-2433 or 1-800-273-8266

Suicide & Crisis Hot line (Canada wide)
1-800-448-3000

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

Suicide Committee: Family Ministry Office
Diocese of Hamilton 905-528-7988

A TEEN GUIDE TO PREVENTING SUICIDE



When it Gets Hard

Get Help

Reach Out

Cast all your anxiety on him, because he cares for you. (1 Peter 5:7)

Signs of Risk

Some or all may be present:

- ◆ **Sudden change in:**
 - personality ~ depressed or manic
 - behaviour ~ positive or negative
 - eating patterns
 - sleeping patterns
 - physical appearance
 - performance in school
 - communication ~ withdrawal from family, friends and society
- ◆ **Self-abuse:**
 - increased use of drugs and/or alcohol
 - reckless behaviour
 - previous suicide attempt
- ◆ **Preoccupation with death:**
 - making remarks about death and dying
 - preparing for death ~ telling final wishes
 - giving away prized possessions
 - disclosing a suicidal intent

... I will not forget you. See, I have inscribed you on the palms of my hands; (Isaiah 49.15–16)

Coping with suicidal thoughts and feelings

Thoughts and feelings are difficult, but there is hope. You can do something about the thoughts and feelings that you are having.

Things to do:

- **Even though you feel like withdrawing**, ask trusted friends and acquaintances to spend time with you.
- **Have a set of steps to follow** if you are in crisis.
- **Make a schedule** for yourself and stick to it, no matter what.
- **Get out in the sun** or into nature for at least thirty minutes a day.
- **Exercise** to get your heart pumping every day.
- **Force yourself to do the things** you used to enjoy, even if they don't bring you the same pleasure.
- **Many people want to help you**—including your family, faith and school communities.
- **Remember your personal goals**—write them down.

Preoccupation with negative and suicidal thoughts is not helpful. You are more than your thoughts and feelings at this moment.

Things to avoid...

- **Being alone** - Solitude can make suicidal thoughts even worse.
- **Social Media** - Reach out to someone in person.
- **Alcohol and drugs** - Drugs and alcohol increase depression, decrease your problem-solving ability, and make you act impulsively.
- **High risk situations** - which include driving, weapons, drugs
- **Doing things that make you feel worse.** Listening to sad music, looking at certain photos, reading old letters, or visiting a loved one's grave can increase negative feelings.

Helping someone with suicidal thoughts and feelings:

- ◆ really listen, without judging or challenging, or becoming angry and shocked
- ◆ find ways to break through the silence and secrecy
- ◆ ask about a suicidal plan and any prior attempts
- ◆ help discuss ways to lessen the pain
- ◆ discuss positive possibilities for hope
- ◆ tell someone, don't keep a secret
- ◆ contact other sources of help as soon as possible, such as a counsellor, physician, pastor, chaplain or other trusted adult, or community crisis line on back of this brochure

