

Where To Look For Help

- Family Doctor
- Drop-In Medical Clinic
- School Counsellor
- Teacher
- Crisis Centre
- Mental Health Team
- Hospital / Emergency
- Spiritual Counsellor
- 1-800-SUICIDE

Sharing of Information

Your right to privacy is important. We must protect confidentiality while balancing the need to share information in order to give you the best health care possible. If you have concerns, please talk to your counsellor.

Web Resources

Coping with Suicidal Thoughts is intended for individuals who are currently experiencing suicidal ideation and/or have a plan or have made an attempt to hurt themselves. The document is designed to offer resources, information, support and practical steps to help cope with suicidality: www.carmha.ca/publications

Working with the Suicidal Patient: A Guide for Health Care Professionals is a useful tool for assessment and management of suicidality for providers without a mental health background, including those that may be working in an acute care/emergency setting. www.carmha.ca/publications

S.A.F.E.R.

Suicide Attempt Follow-up,
Education & Research

1669 East Broadway, 3rd Floor
Vancouver, BC V5N 1V9
604-675-3985

For more copies, go online at <http://vch.eduhealth.ca> or email pheh@vch.ca and quote Catalogue No. **GV.150.W629**
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The information in this document is intended solely for the person to whom it was given by the health care team.
www.vch.ca

Are You Concerned About Someone Who is Feeling Suicidal?

604-675-3985

1669 East Broadway, 3rd Floor
Vancouver, BC V5N 1V9

If You Are Worried About Someone Who Feels Suicidal

S.A.F.E.R. counsellors can help. We can offer up to three appointments at our office for concerned others. We will talk about what to do, how to help and where to go for more support.

Dealing with a suicidal person can be very stressful. We also talk about how to deal with your own feelings and how to look after yourself.

Learning about suicide prevention may be the first step in helping the person you care about to get help.

You can also speak on the phone with a counsellor who will listen to your questions and offer ideas on how you can help the person you are worried about.

S.A.F.E.R. is open from 8:30 a.m. to 4:30 p.m. on Monday to Friday (except for holidays).

Our service is free of charge.

S.A.F.E.R. also offers training and education about suicide and loss by suicide. For more information, please call 604-675-3985.

Have You Seen Any of These Warning Signs?

- Talking or hinting about death or suicide
- Suicide attempts in the past
- Stress
- Loss
- Trauma (upsetting event)
- Sudden change in how the person acts or feels
- Depression (e.g. crying, problems sleeping or eating, feeling hopeless)
- Refusing company; not going out
- Getting ready for death: saying goodbye, giving things away, or making a will
- More alcohol or drug use

Is Path Warm*

An easy way to remember the warning signs:

- I** Ideation
- S** Substance Abuse
- P** Purposelessness
- A** Anxiety
- T** Trapped
- H** Hopeless
- W** Withdrawal
- A** Anger
- R** Recklessness
- M** Mood Changes

* from the American Association of Suicidology

Ways to Help

- If you think someone is suicidal – ASK
- LISTEN
- Talk about feelings
- Show care and understanding
- Try not to judge or criticize
- Help the person remember their strengths
- DO NOT KEEP SECRETS
Share concerns with people you trust: family, close friends, family doctor
- Look for warning signs and, if you see them, get help
- Keep showing you care, even after help is in place
- Help the person to find the help they need

Why Would You Call S.A.F.E.R.?

- For a place and time to talk about your concerns
- To learn about ways to help
- To get facts about suicide risk
- To find support for yourself
- To learn ways to look after yourself
- To learn where to get help for the person you care about

Take signs of suicide seriously.