

How to Help a Suicidal Person

- Always take suicidal comments very seriously.
 - Try not to act shocked.
 - **Get help immediately.** Refer to the attached chart which specifies the crisis line for your location, only call 911 if absolutely necessary
 - Do not handle the situation by yourself.
 - Listen attentively to everything that the person has to say.
 - Comfort the person with words of encouragement.
 - Let the person know that you are deeply concerned.
 - If the person is at a high risk of suicide, do not leave him or her alone.
 - Talk openly about suicide.
- Four Important Questions
- Are You Suicidal?
 - Method?
 - Do you have what you need?
 - When?

You need to know as much as possible about what is going on in the person's mind. The more planning that someone has put into a suicide, the greater the risk.

- Don't be judgmental.
- Be careful of the statements that you make.
- Listen, listen, and listen. Be gentle, kind, and understanding.
- Let the person express emotion in the way that he or she wants.
- After the person has received help and is no longer critically suicidal, help the person make an appointment with a medical doctor and a therapist.
- Before you leave the person, make sure that he or she has received professional help from qualified mental health professionals or that the risk of suicide has dissipated.
- If someone tells you that you need to keep his or her suicidal intentions a secret, then you never can keep that "secret."
- **Follow up with the person on a regular basis to make sure that he or she is doing okay.**

Common Suicide Risk Factors:

- Mental Illness
- Recent Loss or Stressful Life Event
- Social Isolation and Loneliness
- History of Trauma or Abuse
- Alcoholism or Drug Abuse
- Family History of Suicide
- Previous Suicide Attempts

Warning Signs:

- Talking About Suicide
- Seeking out Lethal Means
- Preoccupation with Death
- No Hope for the Future
- Self-Loathing, Self-Hatred
- Getting Affairs in Order
- Saying Goodbye
- Withdrawing from Other
- Self-Destructive Behaviour
- Sudden Sense of Calm

Crisis and Suicide Help Line Information

Location	Crisis Line	Phone Number	Website
Brantford	St. Leonard's Community Services	1-866-811-7188	
Cambridge/ Kitchener	TeleCare Cambridge Distress Centre	519-658-5455	http://www.telecarecambridge.com/contact.php
	Here247	1-844-437-3247	
Hamilton/ Stoney Creek	COAST (Crisis Outreach and Support Team)	905-972-8338	http://coasthamilton.ca/?page_id=57
	Suicide Crisis Line	905-522-1477	
Guelph	Community Torch Light	Crisis Line: 1-877- 822-0140 Distress Line: 1-888- 821-3760	
	Here247	1-844-437-3247	http://www.telecarecambridge.com/contact.php
	TeleCare Cambridge Distress Centre	519-658-5455	
Milton	COAST Halton	1-877-825-9011	
	Salvation Army	1-855-294-4673	
	Distress Centre North Halton	905-877-1211	
St. Catharines	Distress Centre Niagara	905-688-3711	http://distresscentreniagara.com/suicide-help-2/
	COAST Niagara	1-866-550-5205	https://niagara.cioc.ca/record/NIA0709
Stratford	Huron Perth Helpline and Crisis Response Team	1-888-829-7484	http://www.southwesthealthline.ca/displayService.aspx?id=13230