

## WHAT YOU CAN DO TO PREVENT SUICIDE

**1. Reach Out** - Ask them directly if they are thinking about suicide. It needs to be a direct question that can't be misinterpreted. "Are you thinking about suicide?"

Most people with thoughts of suicide want to talk about it. They want to live – but desperately need someone to hear their pain and offer them help to keep safe.

Don't be afraid to ask them if they are thinking about suicide. This shows you care and they're not alone.

**2. Listen to them** - Allow them to express their feelings. Let them do most of the talking. They will often feel a great sense of relief someone wants to talk to them about their darkest thoughts.

**3. Check their safety** - If you are really worried don't leave them alone. Remove any means of suicide including weapons, medications, drugs, alcohol, even access to a car. Get help by **calling 911**. You can also take them to the local hospital emergency department.

**4. Decide what to do and take action** - Talk about steps you can take together to keep them safe. Don't agree to keep it a secret, you shouldn't be the only one supporting this person. You may need help from someone else to persuade them to get help. You can also help by finding out information on what resources and services are available for a person who is considering suicide.

**5. Ask for a promise** - Thoughts of suicide may return, so ask them to promise to reach out and tell someone. Asking them to promise makes it more likely they will tell someone.

**6. Get help** - There are lots of services and people that can help and provide assistance.

HERE ARE SOME PEOPLE YOU CAN TALK TO: 24 Hours 7 Days a week			
EMERGENCY	911	CRISIS LINE (24 hrs, call collect)	306 425-4090
HEALTH LINE	811	PIWAPIN WOMEN'S SHELTER	306-425-3900
KID'S HELP LINE	1-800-668-6868	<a href="http://kidshelpphone.ca">kidshelpphone.ca</a>	
LA RONGE RCMP	306-425-6730		
FIRST NATION'S, INUIT – Hope for Wellness Helpline	1-855-242-3310		
IRS Crisis Line:	1-866-925-4419		

In some situations they may refuse help and you can't force them to get help. You need to ensure the appropriate people are aware of the situation. Don't shoulder this responsibility yourself.

PREVENTION & RECOVERY TEAM Mon - Fri 8:00 am – 4:30 pm		
P & R TOLL FREE	1-877-425-3450	JBC – Toll Free 1-877-425-3443
P & R MAIN LINE (ADMIN ASSISTANT – MARY CHARLES)		- 306-425-9109
LILLIAN SANDERSON (CS MANAGER)		- 306-425-6425
ANGIE CLINTON (P & R COORDINATOR)		- 306-425-6426
DARLENE GEORGE (MH THERAPIST) – Little Red River		- 306-425-6428
EDUARDO VALLERIO (MH THERAPIST) - La Ronge		- 306-425-6430
JEAN CHARLES (MH THERAPIST) – Hall Lake		- 306-425-6424
IDA RATT (MH THERAPIST) – Sucker River/GMB		- 306-425-5591
TOM ROBERTS (IRS SUPPORT)		- 306-425-6423
FRANK CLINTON (WELLNESS WORKER)		- 306-425-6427
DENNIS SANDERSON (WELLNESS WORKER ADDICTIONS)		- 306-425-6429
LINDA OPOONECHAW (IRS SUPPORT)		- 306-425-6422