

Do you need more help?

If you or someone you know is feeling suicidal and you need more information about resources in your area, contact a community organization, such as:

- Carleton University Health and Counselling Services at [613-520-2600](tel:613-520-2600) ext. 6674
- Ottawa Distress Centre at [613-238-3311](tel:613-238-3311)
- Mental Health Crisis Service (Ottawa Line) at [613-722-6914](tel:613-722-6914)
- Canadian Mental Health Association (local suicide crisis and intervention branch) at www.cmhaottawa.ca or [613-737-7791](tel:613-737-7791)

CU Healthy

HCS wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Health Promotion Leads & Helpers
- Website (carleton.ca/health)
- Workshops

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at [613-520-2600](tel:613-520-2600) ext. 6544 or email us at carletonwellness@gmail.com



2600 CTTC Building
613-520- 6674
carleton.ca/health

Suicide and Suicide Prevention



613-520- 6674
carleton.ca/health
2600 CTTC Building

Suicide

We would rather not talk about it. We hope it will never happen to anyone we know. But it is a reality, and it is more common than you might think. The possibility that suicide could claim the life of someone you care about cannot be ignored.

Who is at risk for Suicide?

People likely to commit suicide include those who:

- Are having serious physical or mental illness
- Are abusing alcohol or drugs
- Are experiencing a major loss, such as the death of a loved one, unemployment, failing school, or the end of a relationship
- Are experiencing major changes in their life, such as adolescents or seniors
- Have made previous suicide threats

Why do people commit suicide?

There are many circumstances which can contribute to someone's decision to end his/her life, but a person's feelings about those circumstances are more important than the circumstances themselves.

All people who consider suicide feel that their life is unbearable. They have an extreme sense of hopelessness, helplessness, and desperation.

People who talk about committing suicide or make an attempt do not necessarily want to die. Often, they are reaching out for help. Sometimes, a suicide attempt becomes the turning point in a person's life if there is enough support to help him/her make the necessary changes.

What are the warning signs?

- Repeated expressions of hopelessness and desperation
- Behavior that is out of character, such as recklessness in someone who is normally careful
- Signs of depression-sleeplessness, social withdrawal, loss of appetite, loss of interest in usual activities
- A sudden and unexpected change to a cheerful attitude
- Giving away prized possessions to friends and family
- Making a will, taking out insurance, or other preparations for death, such as telling final wishes to someone close
- Making remarks related to death or dying, or an expressed intent to commit suicide. An expressed intent to commit suicide should always be taken very seriously



The CU Healthy Program gratefully acknowledges The Canadian Mental Health Association as a resource for the information in this brochure

What can you do if you are feeling suicidal?

You are not alone; many people have felt suicidal when facing difficult times and have survived, usually returning to quite normal lives. Take the risk of telling your feelings to someone you know and trust: a relative, a friend, professor or mentor, counsellor, family doctor, or a member of your faith.

- Call a telephone support line **613-722-6914**
- Draw on the support of family and friends
- Talk to your family doctor; they can refer you to services in the community, including counseling and hospital services
- Set up frequent appointments with a mental health professional, and request telephone support between appointments, or get involved in self-help groups in the community
- Talk every day to at least one person you trust about how you are feeling
- Avoid making major decisions in your life at this time

What can you do if you suspect a friend is considering suicide?

- If you are concerned that someone may be suicidal, take action. Talk with the person and listen attentively without judgment
- Talking about suicide can only decrease the likelihood that someone will act on suicidal feelings
- Do not minimize the feelings involved
- Ask whether the person feels desperate enough to consider suicide. If the answer is yes, ask, "Do you have a plan? How and where do you intend to kill yourself?"
- Admit your own concern or fear and ask if there is anything you can do. Talk about resources that can be drawn on (family, friends, crisis centers) to provide support, practical assistance, counselling or treatment
- Make contacts on their behalf or go with the person to get help