

Taking Care of Yourself

As a caregiver you provide an essential support to those at risk of suicide. It is important to remember that you need to take time to care for yourself too!

Find a trusted support that you can talk with such as a loved one, counsellor or a clergy member.

Take care of your body and its needs. Get enough rest, exercise regularly and eat healthy meals.

Make time for activities that you enjoy, such as hobbies and recreation.

RELAX! It can be stressful to deal with a suicidal person - take time to breath, stretch or decompress.

Use the resources that are available to you. You do not have to do this alone.

Take GOOD CARE of yourself

Five Hills Health Region
Mental Health and Addictions Services
55 Diefenbaker Dr
Moose Jaw SK S6J 0C2
Phone: (306) 691-6464
Toll Free: 1-877-564-0543
www.fhhr.ca
NF249
Self Help Info: www.heretohelp.bc.ca

Suicide Safety Plan

Fill this Safety Plan out and keep it in your possession. If you have thoughts of suicide, go through the Safety Plan, starting at Step 1. Go through each step until you are safe.

1. Do the following activities to calm/comfort myself: _____

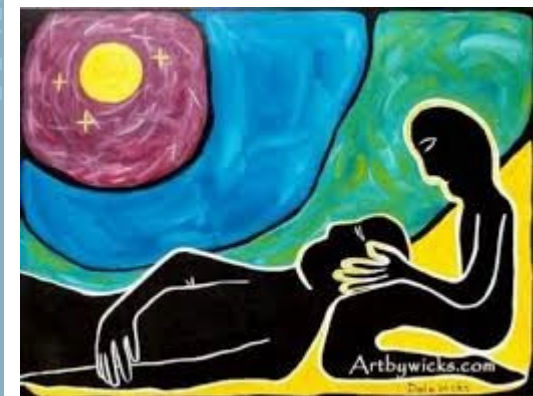
2. Remind myself of my reasons for living:

3. Call a friend or family member:
Name: _____
Phone Number: _____
4. Call a backup person:
Name: _____
Phone Number: _____
5. Call a care provider (counsellor, social worker, physician)
Name: _____
Phone Number: _____
6. Call Suicide Crisis Line 306-522-5333 or Healthline 811
7. Go somewhere that I am safe: _____

8. Go to the Emergency Room at the nearest hospital.
9. If I feel that I can't get to the hospital safely, call 911 and request transportation to the hospital.



CARING FOR SOMEONE WITH THOUGHTS OF SUICIDE



THERE IS HELP AVAILABLE



This brochure offers information about how to support a person at risk of suicide, how to access resources and how to care for yourself.

People who have suicidal thoughts often confide in those closest to them. Hearing that a person is thinking about suicide can be very scary and startling. You may feel overwhelmed and unsure about how to respond and deal with the situation.

Your role as a support is very valuable to the person at risk. The very fact that they have told you is an indication that they want help. Your job as an ally is to listen, remain trustworthy and be honest. When you use these skills, you show that person that they are cared about and that you are willing to help.

What Should I Do?

As a caregiver it is very important to remember that you do not have to deal with this on your own. There are services available. Encourage the individual to contact these services. If they refuse, call them yourself. They will be able to provide some suggestions and guidance on how to handle the situation.

Planning for Safety

Safety is very important to consider when someone you care about is suicidal. Creating a Safety Plan helps to reduce the risk. When creating the plan it is important to encourage the person you are supporting to be honest. The plan must meet their needs and they must feel comfortable and willing to implement it. Although every safety plan looks a little different, some common things to consider when making a plan include:

- ◇ Signs that the person may be having suicidal thoughts
- ◇ How the person can help manage the thoughts and feelings
- ◇ Removing any objects that could be used in a suicide attempt (pills, weapons, knives, etc.)
- ◇ Safe places (locations where the person can keep themselves safe)
- ◇ Contact information for support persons (yourself, clergy, physician, counselor)
- ◇ What to do in an emergent situation

You will find a Safety Plan on the back of this brochure that you can complete with the person at risk if you like.

<https://www.youtube.com/watch?v=NDp8MBVrDb4>

What's the plan?

What if the person will not agree to keep themselves safe?

If the person at risk feels that they cannot keep themselves safe and is close to taking steps to attempt suicide, it is important to access Emergency Services. Take the person to the nearest Emergency Room to be assessed by a physician. You can also contact the local Police or RCMP who can conduct a welfare check on the person. If they determine that the risk is too great, they will transport the person to the Emergency Room.

If the person indicates to you that the risk of suicide is immediate:

CALL 911



Remember that you do not have to have all the answers, or the “fix” for your loved one. Your presence and support is one of the greatest gifts you can give. People at risk of suicide, can **Survive and Thrive**. With your help, **Recovery is Possible**.

If you are interested in learning more about mental illness and how to support yourself and your family, we offer a 10-week Family Education and Support Workshop twice a year. More information is available by calling 306-691-6464.