

Mental Health Services Are:

- ◇ **Confidential**
- ◇ Available upon personal request or through referral by your physician, public health nurse or a community agency
- ◇ Provided at no charge
- ◇ A variety of services are available for Children, Youth and Adults in both group and individual settings.



Self Help Info: www.heretohelp.bc.ca

For further information about accessing Mental Health programs, please call us and ask to speak to an Intake Worker.

**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
NF250
OR CALL HEALTHLINE AT 811**



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 the **Suicide Crisis Line** 306-525-5333 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.



COPING WITH SUICIDAL THOUGHTS



I'M SERIOUSLY THINKING ABOUT SUICIDE. WHAT SHOULD I DO?

If you are thinking about suicide, you are not alone.

Many people have thoughts of suicide, for a number of reasons. Thoughts of suicide can be very scary. You could feel hurt, confused, overwhelmed and hopeless about your future. You may feel sadness, grief, anger, guilt, shame or emptiness. You might think that nothing can be done to change your situation.



Your feelings may seem like they are just too much to handle right now.

It is important to know that thinking about suicide does not mean you are “weak” or “crazy”. Many people think about suicide because they are looking for a way to escape the distress or pain they are feeling.

Even though your situation seems hopeless and you wonder if you can stand another minute of feeling this bad; there are ways to get through this and feel better. You do not have to face this alone. **Help is available.**

Here are a few ideas you can use right now:

Connect with Others: If you are worried that you may lose control or do something to hurt yourself, **tell someone.** Make sure you are around someone you trust. If you live alone, ask a family member or friend to stay with you. If you don't know anyone or can't reach friends or family, call:

Mental Health and Addictions

306-691-6464

or

toll free at **1-877-564-0543**

or **811**



Keep Yourself Safe

It is important to make your environment as safe as possible. Remove or ask your friend/family member to rid your home of pills, weapons or other means that you could use to harm yourself. If you are unable to do this, go to a place you can feel safe.

Develop a Safety Plan

It is very helpful to have a written safety plan when you have thoughts of hurting yourself. You will find one that you can complete at the back of this brochure. Try to complete this safety plan with someone that you trust. Keep this plan somewhere you can see or find it easily (on your fridge or in your pocket). Follow the steps on your plan until you are able to keep yourself safe.

How Can I Better Understand my Suicidal Thoughts and Feelings?

Talking to a trusted person such as a friend or a clergy member is the first step to recovery. You can also share your thoughts with your physician, nurse practitioner, nurse, EMS staff or call Mental Health and Addictions Services. They can only provide help and support to you if they are aware of the problem!

