

RCMP

- Carrot River** 306-768-1200
- Cumberland House** 306-888-5550
- Greenwater (Rose Valley)** 306-322-2550
- Hudson Bay** 306-865-5550
- Kelvington** 306-327-1200
- Melfort** 306-752-6420
- Naicam** 306-874-2142
- Nipawin** 306-862-6270
- Porcupine Plain** 306-278-8180
- Smeaton** 306-426-2630
- Tisdale** 306-873-3810

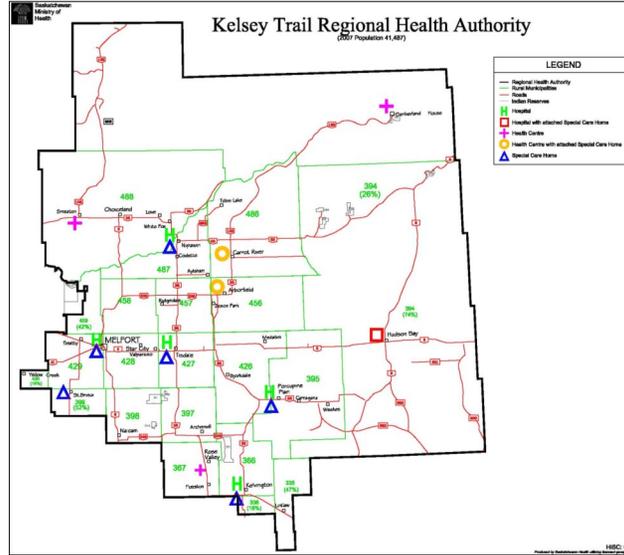
HOSPITALS

- Hudson Bay** 306-865-5600
- Kelvington** 306-327-4711
- Melfort** 306-752-8700
- Nipawin** 306-862-6100
- Porcupine Plain** 306-278-6262
- Tisdale** 306-873-6500

Northeast Crisis Line (24 Hour)
1-800-611-6349

Saskatchewan Healthline 811

When you call HealthLine, you have the option to speak with a mental health and addictions professional 24 hours per day. If you choose to speak to a mental health and addictions professional, you will be able to discuss your concerns in a safe, caring, and confidential manner with a Registered Psychiatric Nurse or Social Worker. They may help you with crisis counseling, strategies to help you manage your situation, or provide information about resources in your community.



Mental Health
 is a service of the
KELSEY TRAIL HEALTH REGION

For more information about this or other services of the Kelsey Trail Health Region contact the Regional Office at (306) 873-6600 or visit our website www.kelseytrailhealth.ca



Provincial Health Line—24 hour health advice



SUICIDE



“There is Help”

Healthy People in Healthy Communities

WAYS TO HELP

- ⇒ **TALK** openly and freely and ask direction questions about the person's intentions
- ⇒ **LISTEN** to what is being said and treat it seriously. **DO NOT** add to the person's guilt by debating, arguing or lecturing about whether suicide is right or wrong
- ⇒ **NEVER** leave a person who is suicidal alone
- ⇒ **ENCOURAGE** the person to seek some professional help
- ⇒ **GET HELP IMMEDIATELY**
 - Take them to the nearest hospital or call 911
 - Contact any of the emergency numbers listed on the back page

WARNING SIGNS

There are verbal and non-verbal warning signs that will let you know that your friend or loved one is crying for help. Please note that many of these warning signs are signs of depression. Depression does not necessarily mean that a person is contemplating suicide, but depressed people often think of suicide.

NON-VERBAL Warning Signs:

- ◆ Giving away personal possessions
- ◆ Increased alcohol/drug use
- ◆ Sleeping too much or too little
- ◆ Lack of interest in friends
- ◆ Lack of interest in personal appearance
- ◆ Lack of interest in school or work that was formerly of interest
- ◆ Poor performance in school or work
- ◆ Boredom, restlessness, loss of concentration

VERBAL Warning Signs:

Include negative statements such as:

- ◆ "Family & friends don't care"
- ◆ "Life isn't worth living"
- ◆ "People are better off without me"
- ◆ "Everything I do goes wrong"
- ◆ "I don't need this anymore"

THINGS TO REMEMBER

- ⇒ **REMEMBER**...a suicide attempt is a "cry for help": and a request for social support. The suicidal person is letting his/her feelings be known. His/her problems seem overwhelming and difficult to handle.
- ⇒ Because each individual is unique, there is no single reason as to why a person commits suicide.
- ⇒ Depression is a major contributing factor in suicidal thinking.

MYTHS & FACTS ABOUT SUICIDE

- ◆ **MYTH:** Asking a person if they are thinking about suicide will put the idea into their head
- ◆ **FACT:** Discussing the problem openly shows the suicidal person that someone cares and wants to help them.
- ◆ **MYTH:** Once A person decides to commit suicide, there is no way of stopping them.
- ◆ **FACT:** Most people who are suicidal don't want to die. They are making a cry for help.
- ◆ **MYTH:** Suicide happens without warning.
- ◆ **FACT:** 75% of the people who attempt suicide have shown warning signs.

FOR EMERGENCIES CALL

911

**KTHR Mental Health
Central Intake 306-752-8767**

**Hudson Bay/Porcupine Plain
Mental Health 306-865-5646**

Melfort Mental Health 306-752-8767

Nipawin Mental Health 306-862-9822

Tisdale Mental Health 306-873-3760