



## Suicide Prevention Community Council of Hamilton

# Suicide Awareness

Suicide is one of the world's largest public health problems (almost one million deaths worldwide every year). Each year about 4,000 Canadians die by suicide. Many more attempt. **More people die by suicide than are killed in car crashes.**

Suicide is the triumph of pain, fear and loss over hope. It is about wanting to end the pain. Suicide is a tragic reality in Hamilton. **Most suicides are preventable.**

**Suicide prevention is everyone's business.**

To learn more, go to:  
[www.suicideinfo.ca](http://www.suicideinfo.ca)  
[www.suicidology.org](http://www.suicidology.org)  
[www.suicideprevention.ca](http://www.suicideprevention.ca)  
[www.cmha.ca](http://www.cmha.ca)  
[www.livingworks.net](http://www.livingworks.net)  
[www.yourlifecounts.org](http://www.yourlifecounts.org)

### The Warning Signs

- Feeling hopeless, helpless, sad, depressed.
- No sense of purpose in life.
- No reason for living.
- Anxiety, agitation.
- Unable to sleep or sleeping all the time.
- Feelings of anger, rage or revenge.
- Feeling trapped, like there's no way out.
- Withdrawing from friends, family, society.
- Acting reckless.
- Talking or writing about death, dying or suicide.
- Dramatic mood changes.
- Increased alcohol or drug use.

### How to Help

Take all threats seriously. Talking about suicide will **not** encourage someone to try it.

To find out if a person is thinking about suicide, ask: **"Are you thinking of killing yourself?"**

If the answer is **"yes"**, ask:

- a) "How are you going to kill yourself?"
- b) "When do you think you will kill yourself?"
- c) "Do you have what you need to kill yourself?"

**The more detailed and lethal the plan, the higher the risk.** Do not agree to keep suicide plans a secret. Tell the person help is available.

If there is an immediate risk of suicide, **CALL 911 and stay with the person!**

### 24 Hour Help Lines

Crisis Outreach and Support Team:	905-972-8338
Suicide Crisis Line:	905-522-1477
Telecare Burlington:	905-681-1488
Kids Help Phone:	1-800-668-6868
Connex Ontario:	1-866-531-2600

