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SUICIDE PREVENTION MONTH

September is acknowledged as Suicide Prevention Month. This month is an opportunity to promote understanding about suicide and to reflect on ways we can help prevent suicide. Creating a world where suicide does not exist may seem like a daunting and impossible task. As individuals, it can be hard to know where to start and realistic ways in which we can get involved in suicide prevention. One of the first steps we can take is to become intentional in the way we speak about suicide.

Suicide is a phenomenon that impacts individuals of all ages, cultures, backgrounds, and walks of life. We hear about suicide through television, books, social media, news, and in our personal lives. However, a common reaction to hearing about suicide is to recoil or shrink away. We want to avoid suicide, change the subject, and pretend it does not exist. As a society, when we do not talk about suicide, the message we communicate to people thinking about suicide is that they should not talk about it either. This contributes to the stigma and shame associated with suicide and it can prevent these individuals from coming forward to receive help.

Speaking intentionally about suicide is the first step to creating a suicide safer world. To be intentional is to approach suicide with curiosity and with the intent to understand it further. We want to make a conscious and deliberate effort to learn about suicide and the best practices around suicide prevention. We want to make a purposeful effort to not shrink away when we encounter suicide. This topic can be uncomfortable, but when we speak about suicide intentionally, we start to break down barriers to accessing life-saving support. Each of us has can be involved in suicide prevention by starting to speak about suicide in an intentional manner. Acknowledging and talking about suicide is suicide prevention.

UPCOMING EVENT

Soles Remembering Souls

September 29th 6-7:30pm

To honour and remember loved ones
who have died by suicide



See back page for more information

MYTHS VS. FACTS

MYTH: Asking about suicide can make a person think about doing it.

FACT: There is no evidence that being asked about suicide increases the likelihood of someone engaging in suicide behaviour. Research has demonstrated that being asked about suicide can lower distress levels for the individual. Having an open conversation about suicide can help reduce stigma and shame, and can empower individuals to seek life-saving help.

MYTH: People who talk about suicide are just doing it for attention.

FACT: All talk of suicide needs to be taken seriously. If someone is talking about suicide, it can be their way of seeking help to stay alive. If someone is talking about suicide, they should never be dismissed.

MYTH: If someone wants to die by suicide, there is nothing you can do to help them.

FACT: Most people who are thinking about suicide do want to live. The fact they are still alive means there is a part of them that wants to live. However, they need support to do so. For many individuals, suicide has less to do with dying and more to do with ending pain. With proper help and support, people can find reasons to stay alive.

MYTH: If someone is self-harming they are thinking about suicide.

FACT: Self-harm can be, but is not always, related to suicide. Many individuals use self-harm as a coping mechanism to get through the day. Most people who self-harm do it to feel better, to express pain, and/or to stop feeling numb. If someone is self-harming, we do not want to automatically assume they are also thinking of suicide.

MYTH: Most people who die by suicide showed no warning signs.

FACT: Most people communicate, either directly or indirectly, that they are having thoughts of suicide before dying. People will often try to reach out for some kind of support or help, although it can be subtle. It is important to be aware of different warning signs and to keep our senses open to the possibility of suicide.

MYTH: Improved mood means someone is no longer thinking about suicide.

FACT: Improved mood can be an indicator that a person has decided to die by suicide. Sometimes a person can experience a feeling of relief making this decision - the emotional conflict over living or dying has been resolved. The best way to determine if they are still thinking about suicide is to ask directly and have an open conversation about it

If you notice signs that someone might be thinking about suicide here are some steps you can take to help:

1. Ask Directly

Ask directly if they are thinking of suicide. For example, "You've told me you 'can't take it anymore.' Are you thinking of suicide?" Asking directly shows that you care about the person and you are willing to talk about suicide.

2. Listen

Listen with empathy and compassion. Try to not interrupt or give advice. It is helpful to talk about suicide in order to put it into perspective and helps relieve feelings of shame, fear, and burdensomeness.

3. Seek Help

Connect the individual to further supports who can do a suicide intervention and keep the person safe from suicide. That may be a family doctor, counsellor, an individual trained in suicide intervention, the crisis centre, or emergency services.

WORKSHOPS

Are you interested in learning how to help prevent suicide and make our communities suicide safer? Consider attending one of our suicide prevention workshops!

ASIST: Applied Suicide Intervention Skills Training

Living Works' two day, interactive workshop that prepares caregivers to provide suicide life-assisting first-aid intervention. This workshop is open to all caregivers, formally designated or not; adults and youth 16 plus.

By the end of this workshop, participants will be better able to:

- Identify people who have thoughts of suicide
- Understand how beliefs and attitudes can affect suicide interventions
- Understand a person who is thinking about suicide's story about suicide
- Recognize turning points that connect the person to life
- Conduct a safety assessment and develop a plan that will keep the person thinking of suicide safe for now
- Confirm the person thinking about suicide's commitment to the safe-plan and their intent to follow it through

safeTALK: Suicide Awareness For Everyone

Living Works' three-hour workshop which prepares helpers to identify persons with thoughts of suicide and connect them to suicide first-aid resources. Most people with thoughts of suicide, either directly, or indirectly, invite help to stay safe. Alert helpers know how to identify and work with these opportunities to help protect life.

By the end of the training, participants will be better able to:

- Identify people who have thoughts of suicide
- Apply the TALK steps (Tell, Ask, Listen and Keep Safe)
- Connect a person with thoughts of suicide to a suicide first-aid intervention caregiver
- Move beyond common tendencies to miss, dismiss, or avoid suicide

suicideTALK

Ranging from 90 minutes to a half a day, Living Works' suicideTALK invites all participants to become more aware of suicide prevention opportunities in their community. Dealing openly with the stigma around suicide, this exploration focuses on the question, "Should we talk about suicide?"

suicideTALK participants learn:

- How suicide is a serious community health problem that is often misunderstood
- How personal and community beliefs about suicide affect suicide stigma and safety
- How to get involved in life protection, preservation, and promotion activities in the community

Contact our **Community Education Coordinator** at community.education@crisis-centre.ca or 778.693.2765 for more information!

○ ○ ○ ○ ○ **UPCOMING TRAINING:** ○ ○ ○ ○ ○

Being a Volunteer Changes Your Life!

It gives you a new perspective and a new way of looking at your own problems when you have a chance to understand others.

The training is invaluable for your own communication skills and relationships.

The Crisis Prevention, Intervention, and Information Centre for Northern B.C. offers training ~3 times per year based on demand.

Please contact
program.coordinator@crisis-centre.ca
to apply or for more information.

Connect with us online!



@crisiscentrenbc

contact us at
information@crisis
centre.ca and let



@crisiscentrenbc

us know your
thoughts on this
newsletter!



Crisis Prevention,
Intervention, and Information
Centre for Northern BC



UPCOMING EVENTS:

Soles Remembering Soles

Our centre has put this event together as a way to remember those lost to suicide and to bring the community together. The evening begins with opening remarks, light refreshments, and a discussion about how to get involved in creating suicide-safer communities.

At Soles Remembering Souls, we will gather in honour of those lost to suicide, and support survivors of suicide loss. Taking a walk in the garden, attendees will find placards with pictures of people who have died by suicide that include five things their loved ones would like them to be remembered by.

The event will take place on **Thursday, September 29th from 6pm - 7:30pm** at the Lheidli T'enneh Memorial Park Bandshell.

If you would like your loved one to be memorialized at the event, please go to our web page (crisis-centre.ca) to register.

OUR FIVE PILLARS

The Crisis Centre for Northern B.C. has Five Pillars that are the foundation of our work. Follow Dial North over the next few editions to read about each one:

1. HUMILITY

2. INTEGRITY

3. ACCOUNTABILITY

"We recognize our responsibility to the communities we serve and the individuals we work with."

It can be challenging for residents in rural and remote communities to receive mental health support. We believe it is the right of every individual to have access to low barrier peer support and crisis intervention when needed. Our mission is to provide crisis intervention, suicide prevention, resource information, education, and confidential peer support to residents of Northern BC. We recognize our responsibility of continuing to provide services 24-hours a day, 365 days a year.

4. COLLABORATION

5. SERVICE

Crisis Centre for Northern B.C. Resources

- Northern B.C. Crisis Line: **250-563-1214, 1-888-562-1214**, 24/7
- Northern B.C. Youth Line: **250-564-8336**, 24/7
- BC Suicide Line: **1-800-784-2433**, BC-wide, 24/7
- 310-MENTALHEALTH: **310-6789**, BC-wide, 24/7
- Talk Suicide: **1-833-456-4566**, National, 24/7



Crisis Prevention,
Intervention & Information Centre
FOR NORTHERN BC

We are here for you 24-7

Crisis Prevention, Intervention, & Information Centre for Northern B.C.

#101-2700 Queensway, Prince George B.C., V2N 1L2

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