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WALK

It can be overwhelming when confronted with the idea that someone may be thinking about suicide. Talking to that person about suicide is a powerful way to help them feel heard. However, talking about suicide can be understandably daunting. WALK is a simple acronym that can help you take steps to open up the conversation.

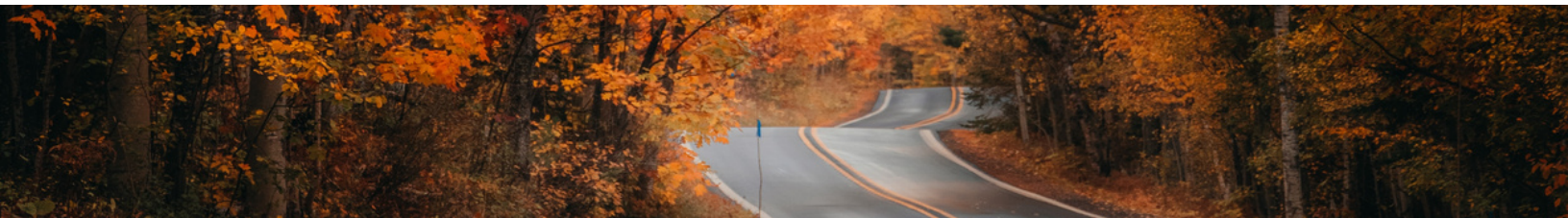
The **W** stands for Warning Signs. These are indications that someone may be thinking about suicide. It essentially could be anything that is out of the ordinary for them. This could include loss, attitudes, behaviours, or other changes that you have observed.

The **A** stands for Ask. As soon as you notice any warning signs that someone may be thinking about suicide, we gently encourage you to ask them clearly and directly about suicide. You could say something like: "Lately it seems like you are feeling down. Are you thinking about suicide?" Take the answers seriously and listen and watch for potential signals.

The **L** stands for Listen. You are able to help and care for someone by simply listening to them. Be patient, be empathetic, and persist lovingly. Accept the person's feelings instead of minimizing or judging them. Tell them it is okay to feel the way they do. Try to understand things from their perspective.

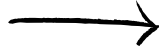
The **K** stands for Keep Safe. Let the person know you care and want to help. Be there to listen, support, and encourage them to get the help they need. Help them help themselves. Suggest people they can talk to. If you need support or more information, reach out to us.

By looking at warning signs, asking about suicide, listening, and keeping people safe, we can reduce stigma and normalize the conversation around suicide. If you need support walking with someone who is thinking about suicide, please feel free to reach out to us for an outreach call. When you call our services, you can give us a brief overview of your concerns. If you provide us with the person's name and phone number, we can call them directly to provide support and see if they would like to speak with us. This is what we refer to as an outreach call. We can help you walk with that person.



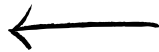
HOW DO I SAY I'M THINKING ABOUT SUICIDE?

“ I'm feeling anxious to tell you this, but I need to get it out. It might take me a minute to find the right words. ”



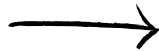
Let them know it is hard for you and that you may not know what to say

Talk about how frequent your thoughts and feelings have been



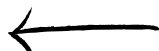
“ For the past couple of weeks, I have been feeling really sad and hopeless. ”

“ I've been thinking about suicide for the past few days... ”



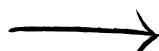
Let them know you have been thinking about suicide and for how long

Let them know what you think could help you to keep safe



“ When I'm feeling this way, I think this would help me... ”

“ I would like other supports. Can you help me find them? ”



Tell them you need help from them. This could be talking to a therapist, creating a safety plan, calling a crisis line, etc.

WORKSHOPS

Our training includes skills training, healthy coping, communication, peer support, and education to prevent and respond to crisis and suicide.

COPE

- This workshop uses the principals of mindfulness to help students in grades 5,6, & 7 achieve better mental wellness and cope with issues like anxiety, overthinking, stress, self-harm, sleep loss, and social media use.

Lifelines

- Lifelines is an evidence-based program for grades 5,6, & 7 designed to integrate youth suicide prevention into both the culture and mission of the school, which is to provide a safe learning environment for its students. Classes emphasize help-seeking behaviours and are aimed at students who encounter peers who may be thinking of suicide.

Reaching Out

- This workshop introduces the topic of suicide to youth and teaches about warning signs, that it's okay to talk about suicide, how participants can respond to suicide, and advises participants it is okay to ask for help and to connect with a safe adult.

Self-Care 101

- A central goal of this workshop is to invite youth to see that each of us has mental health and, similar to caring for our physical health, we can learn to nurture and improve our mental health through our actions, experiences, and lifestyle choices.

GRASP

- This 12-hour skill building program provides youth from Grades 9-12 with self-awareness, communication, and coping skills that will aid them in their personal growth as well as contribute to an overall plan for ongoing youth suicide prevention programs within schools and communities.

ASIST (Applied Suicide Intervention Skills Training)

- Living Works' two day, interactive workshop that prepares caregivers to provide suicide life-assisting first-aid intervention.

safe (Suicide Awareness For Everyone) TALK

- Living Works' three-hour workshop which prepares helpers to identify persons with thoughts of suicide and connect them to suicide first-aid resources.

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.



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

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

Volunteer Training

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.

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

ASIST Workshop

(Applied Suicide Intervention Skills Training)

Date: October 18 & 19

Location: UNBC

Please contact Jody Stronstad at community.education@crisis-centre.ca to register.

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

SOLES REMEMBERING SOULS

Did you know that in recognition of Suicide Prevention Month, the Crisis Centre for Northern BC holds an annual Soles Remembering Souls Memorial Walk honouring loved ones lost to suicide?

We choose to remember people for who they were in life first and how they died second. Suicide is everyone's loss, and as a community, we want to show that we care about lives lost to suicide.

At the event, we have a candle and a placard for each registered person who has died by suicide, which includes a picture and five things their loved ones would like them to be remembered by. We also have live music, a silent auction, artwork, and a short walk to reflect on loved ones lost.

Our fourth annual Soles Remembering Souls Memorial Walk was held on September 27th, 2023. We want to thank everyone for their support. Connection and community are the undeniable cornerstones of suicide prevention. Gathering together to honour those who have died is creating a suicide-safer community, not only in Prince George but in the North and beyond.

ASKING ABOUT SUICIDE

A common myth about suicide is that if we ask someone if they are thinking about suicide, it can "put the idea into their head." There is no evidence that being asked about suicide increases the likelihood of someone engaging in suicide behaviour. Instead, 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. It can also help to show the person that they are not alone, that there is support available, and that their feelings are being heard and taken seriously.

When you initiate a conversation about suicide, you can begin to create a space for the person to talk about their thoughts and feelings. They may have been hesitant to share their pain with others, but your willingness to discuss the topic can help them to feel less alone and more understood. When done in a compassionate and understanding manner, discussing suicide can be a powerful tool for offering support.

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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