

## Suicide and Living

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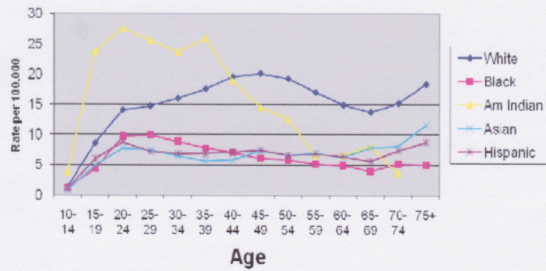
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Suicide Rates by Race/Ethnicity and Age, 2002 - 2006



Source: CDC, WISQARS, 2009

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• The act of killing oneself deliberately.

-Wanting to self destruct.

-Likely to result in danger or death.

## SUICIDE

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A permanent solution  
to a  
temporary problem.

**SUICIDE**

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**Risk Factors**

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1. Depression or mental health issues.

**Risk Factors**

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1. Depression or mental health issues.  
2. Serious or long term illness.

**Risk Factors**

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1. Depression or mental health issues.  
2. Serious or long term illness.  
3. Family history or recent event by others.

**Risk Factors**

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1. Depression or mental health issues.  
2. Serious or long term illness.  
3. Family history or recent event by others.  
4. Abused physically, verbally, sexually.

**Risk Factors**

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1. Depression or mental health issues.
2. Serious or long term illness.
3. Family history or recent event by others.
4. Abused physically, verbally, sexually.
5. Risky or self-destructive behavior.

## **Risk Factors**

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1. Depression or mental health issues.
2. Serious or long term illness.
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4. Abused physically, verbally, sexually.
5. Risky or self-destructive behavior.
6. Low self-image, low self-esteem.

## **Risk Factors**

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7. Perfectionism.

## **Risk Factors**

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8. On street, First Nations/Aboriginal.

## **Risk Factors**

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1. Depression or mental health issues.
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5. Risky or self-destructive behavior.
6. Low self-image, low self-esteem.
7. Perfectionism.
8. On street, First Nations/Aboriginal.
9. Gay, Lesbian, Two Spirit.--

## **Risk Factors**

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## **WARNING SIGNS**

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1. Depression, hopelessness, sudden elation.

## **WARNING SIGNS**

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1. Depression, hopelessness, sudden elation.
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## **WARNING SIGNS**

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1. Depression, hopelessness, sudden elation.
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3. More anxiety, illness, eating, sleeping.

## **WARNING SIGNS**

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5. Talking about famous death, preoccupied.

**WARNING SIGNS**

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6. Jokes about death, planning, serious talk.

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7. Tried before, risky behavior.

## **WARNING SIGNS**

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5. Talking about famous death, preoccupied.
6. Jokes about death, planning, serious talk.
7. Tried before, risky behavior.
8. More drugs, giving away, dropping out.--

## **WARNING SIGNS**

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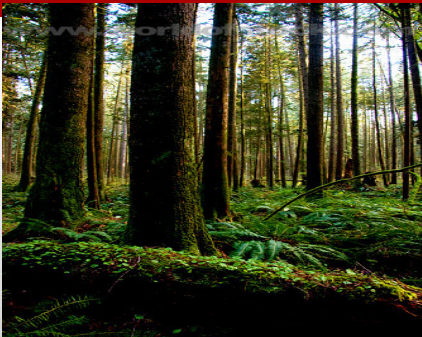
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## **BEING A SUPPORT**

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1. Ask questions: "Thinking about it?"

## **BEING A SUPPORT**

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1. Ask questions: "Thinking about it?"
2. Listen--no judgment, advice, solutions.

## **BEING A SUPPORT**

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1. Ask questions: "Thinking about it?"
2. Listen--no judgment, advice, solutions.
3. Form your own support team.

## **BEING A SUPPORT**

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1. Ask questions: "Thinking about it?"
2. Listen--no judgment, advice, solutions.
3. Form your own support team.
4. Comment on changes; shows concern.

## **BEING A SUPPORT**

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1. Ask questions: "Thinking about it?"
2. Listen--no judgment, advice, solutions.
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4. Comment on changes; shows concern.
5. Take problem seriously.

## **BEING A SUPPORT**

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1. Ask questions: "Thinking about it?"
2. Listen--no judgment, advice, solutions.
3. Form your own support team.
4. Comment on changes; shows concern.
5. Take problem seriously.
6. Tell them how important they are to you and to the community.

## **BEING A SUPPORT**

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1. Ask questions: "Thinking about it?"
2. Listen--no judgment, advice, solutions.
3. Form your own support team.
4. Comment on changes; shows concern.
5. Take problem seriously.
6. Tell them how important they are to you and to the community.
7. Refer, refer, refer.-

## **BEING A SUPPORT**

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- I know how you feel.
- Things will get better.
- You don't have it so bad.
- Aren't you exaggerating?
- That's a stupid way to solve problems.
- God will fix everything.
- Where's your faith?

## **AVOID SAYING---**

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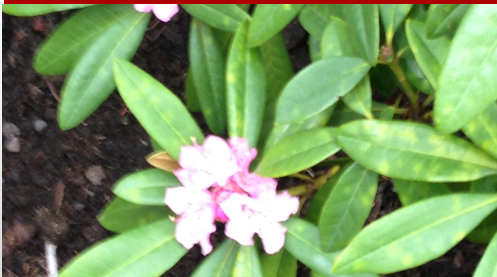
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**IF THE RISK IS VERY HIGH**  
***( Trust your feelings! )***

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- Do not leave the person alone, no matter what they say.

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- Do not leave the person alone, no matter what they say.
- Get professional support: doctor, RCMP.

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- Do not leave the person alone, no matter what they say.
- Get professional support: doctor, RCMP.
- Know ahead of time who to call.

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- Do not leave the person alone, no matter what they say.
- Get professional support: doctor, RCMP.
- Know ahead of time who to call.
- Remove danger: car keys, guns, pills, alcohol, rope, razor blades.

**IF THE RISK IS VERY HIGH**  
***( Trust your feelings!)***

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- Do not leave the person alone, no matter what they say.
- Get professional support: doctor, RCMP.
- Know ahead of time who to call.
- Remove danger: car keys, guns, pills, alcohol, rope, razor blades.
- Remember that no matter what you do, the person may go ahead anyway.--

**IF THE RISK IS VERY HIGH**  
***( Trust your feelings!)***

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- Aboriginal Youth
- Unconnected Old Folk
- Isolated Males
- Gay or Lesbian folk
- Seriously Ill
- Mood Disordered
- Schizophrenics
- Substance Users
- Stressed or Lost



**At risk populations**

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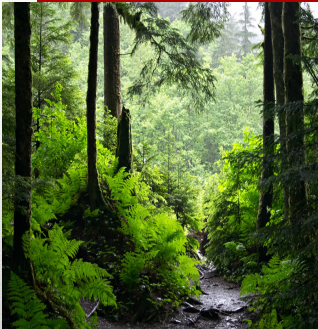
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*A PERMANENT  
SOLUTION TO A  
TEMPORARY  
PROBLEM.*

**SUICIDE**

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