

Help for suicide in the Montreal area

Youth-Oriented:

- *Herzl Family Practice Center – Adolescent Clinic: 514-340-8242*
- *Kids Help Phone: 1-800-668-6868*
www.kidshelpphone.ca
- *Tel-jeunes: 1-800-263-2266*
- *Tel-aide: 514-935-1101*
- *Head and Hands: 514-481-0277*
www.headandhands.ca

General:

- *Suicide Action Montreal: 524-723-4000*
- *Suicide Prevention Line: 1-866-277-3553*
- *Emotional Health CBT Clinic: 514-485-7772*
www.cbtclinic.ca/treatment

To Learn More

Websites:

- www.amiquebec.org/suicide/
Resources for suicide
- www.kidshealth.org/parent/emotions/behavior/suicide.html
About teen suicide
- www.helpguide.org/mental/suicide_help.htm
Understanding suicide

AMI-Québec has many programs to help families and people suffering from mental illness. If you recognize yourself or someone you care about in this pamphlet, please contact us and we will direct you to an appropriate resource.

(514) 486-1448

www.amiquebec.org

outreach@amiquebec.org

[facebook.com/AMIQuebec](https://www.facebook.com/AMIQuebec)

[@AMIQuebec](https://twitter.com/AMIQuebec)



SUICIDE



AMI-Quebec Action on Mental Illness

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Miguel is concerned about his friend Chantal. She hasn't been at school for a few days. She also missed soccer practice this week, which he finds strange because it's her favorite sport. When Miguel visits Chantal at her house, her eyes look restless and her voice sounds gloomy. She insists that he takes her favorite soccer ball since she is no longer interested in playing soccer. When Miguel asks Chantal if she is doing okay, she admits that she's been considering suicide. She's been failing most of her classes and her parents are getting a divorce. She doesn't see a point in living anymore. Miguel is shocked and is uncertain about what he should do. He promised Chantal that he won't tell anyone, but he feels like he should tell an adult because he is worried for her safety. Miguel decides to tell the school's guidance counselor, whom he trusts. Although Chantal might be mad at Miguel for telling her secret, he would rather make sure that she is safe.

WHO IS AT RISK?

These factors might indicate that someone is at an increased risk of attempting suicide, but it does not mean they definitely will. It's important to remember that people of all ages, genders, and backgrounds can be at risk for suicide.

- Persons who have made one or more attempts in the past.
- Persons who have had a family member die by suicide.
- Persons who have suffered a recent loss such as a death, break-up of a relationship, loss of a job, or recent loss of physical health.
- Persons who are isolated, and have limited access or no access to supportive resources such as family or friends.
- Persons who are experiencing symptoms of depression and/or have a diagnosis of mental illness.

WHAT ARE THE WARNING SIGNS?

In addition to the above, there are a number of signs that might indicate that someone is considering suicide.

Warning signs:

- Extreme personality changes
- Loss of interest in activities that used to be enjoyable
- Loss or gain in appetite
- Problems sleeping
- Loss of energy

- Feelings of guilt or worthlessness
- Feelings of no sense of purpose in life
- Withdrawal from loved ones
- Lack of personal hygiene
- Sadness, irritability, or aggression
- Trouble concentrating
- Extreme anxiety or panic
- Substance use or abuse
- Making final arrangements (e.g. giving away possessions)
- Talking about suicide

WHAT CAN YOU DO TO HELP?

- Ask if the person is thinking about suicide. Talking about suicide won't make them do it.
- Listen openly and without judging.
- Act immediately - if necessary, contact with the police, emergency services, or hospital, to ensure the person's safety.
- Believe what the person says and take all threats seriously.
- Your friend might be angry with you, but their well-being is of primary importance.

GETTING HELP

If you or someone you know shows signs of suicide then it is important to get help. Telling friends is not enough. It is important to **talk with an adult whom you trust:** a parent, guidance counselor, social worker, coach, or teacher. You can also visit a family doctor or a local CLSC and explain what you are experiencing.