



1

---

---

---

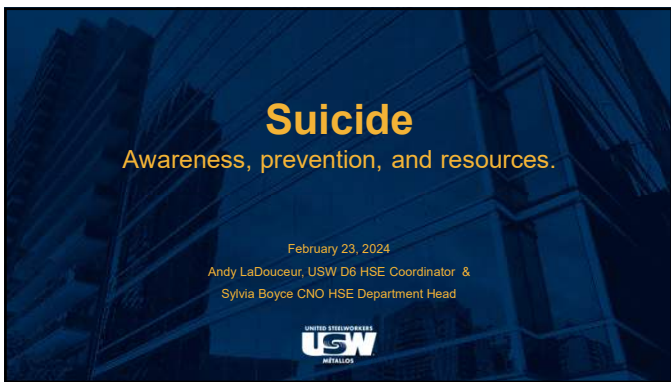
---

---

---

---

---



2

---

---

---

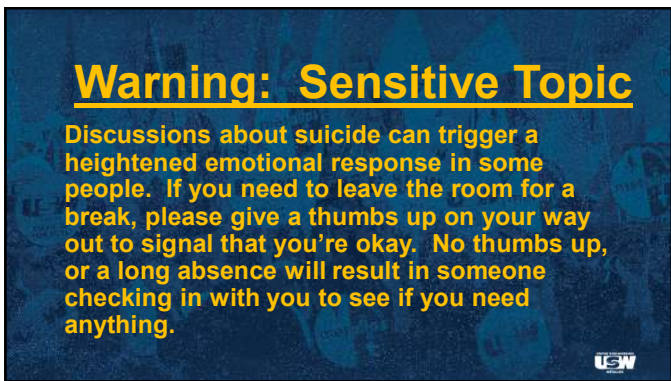
---

---

---

---

---



3

---

---

---

---

---

---

---

---



4

---

---

---

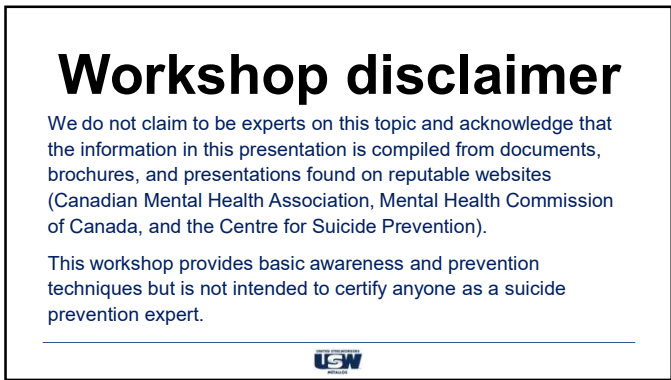
---

---

---

---

---



5

---

---

---

---

---

---

---

---



6

---

---

---

---

---

---

---

---

## What is suicide?

Suicide is defined as the act or instance of taking one's own life *voluntarily* and *intentionally*.



7

---

---

---

---

---

---

---

---

## Myth or Fact?



8

---

---

---

---

---

---

---

---

**Men are more likely  
to die by suicide.**



9

---

---

---

---

---

---

---

---

**A conversation about suicide can cause suicide.**



10

---

---

---

---

---

---

---

---

**People who talk about suicide are just attention-seeking – not truly thinking of suicide.**



11

---

---

---

---

---

---

---

---

**Globally, more people die by suicide than in war and homicide combined.**



12

---

---

---

---

---

---

---

---

**Only people with mental illnesses die by suicide.**



13

---

---

---

---

---

---

---

---

**Depression is present in at least 50% of all suicides.**



14

---

---

---

---

---

---

---

---

**Most people who die by suicide leave notes.**



15

---

---

---

---

---

---

---

---

**The suicide rate is higher during the holidays.**



16

---

---

---

---

---

---

---

---

**Teenagers are the most common age group to die by suicide.**



17

---

---

---

---

---

---

---

---

**Death by suicide is never accepted as work-related by the workers' compensation boards in Canada.**



18

---

---

---

---

---

---

---

---



19

---

---

---

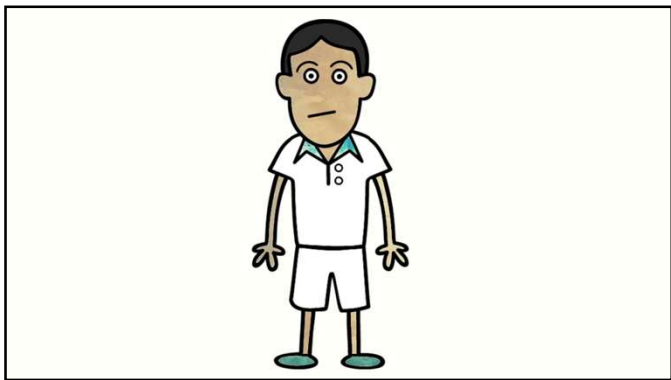
---

---

---

---

---



20

---

---

---

---

---

---


---

---

**Practice People First Language**

<b><u>Outdated:</u></b>	<b><u>People First:</u></b>
Committed suicide	Died by suicide
Attempted suicide	Suicide attempt
Suicidal person	Person with suicidal thoughts

---



21

---

---

---

---

---

---

---

---

## STOP the stigma

Use the **STOP** criteria to recognize attitudes and actions that support the stigma of mental health conditions. It's easy, just ask yourself if what you hear:

**S**tereotypes people with mental health conditions (that is, assumes they are all alike rather than individuals)?

**T**rivializes or belittles people with mental health conditions and/or the condition itself?

**O**ffends people with mental health conditions by insulting them?

**P**atronizes people with mental health conditions by treating them as if they were not as good as other people?



22

---

---

---

---

---

---

---

---

## Risk Factors



23

---

---

---

---

---

---

---

---

### How knowing risk factors can help

➤ Suicide is not only tragic and distressing, it also has long-lasting and devastating effects on peers, friends, family members, coworkers, and communities. For every suicide death, an estimated 15-30 people are profoundly affected.

➤ Suicide is preventable and several measures can be taken to help reduce the risk and prevent suicide and suicide attempts.

➤ Recognizing the risk factors, as well as the warning signs, can help start the difficult conversation with the ultimate goal of suicide prevention.



24

---

---

---

---

---

---

---

---



## Social determinants of health:

- |                                      |                                    |
|--------------------------------------|------------------------------------|
| 1) Aboriginal status                 | 8) Gender                          |
| 2) Disability                        | 9) Housing                         |
| 3) Early life                        | 10) Income and income distribution |
| 4) Education                         | 11) Race                           |
| 5) Employment and working conditions | 12) Social exclusion               |
| 6) Food insecurity                   | 13) Social safety net              |
| 7) Health services                   | 14) Unemployment and job security  |



25

---

---

---

---

---

---

---

---

## Other risk factors

- |  |  |
|--|--|
| ➤ Previous suicide attempt   | ➤ Reluctance to seek help                            |
| ➤ Suicide loss (someone close to them has died by suicide)   | ➤ Belief that showing emotion means showing weakness |
| ➤ Mental illness (especially if untreated, including depression and postpartum depression)                           | ➤ Risk-taking behaviours                             |
| ➤ Unresolved traumatic experiences (including childhood trauma, intergenerational trauma, and racism-related trauma) | ➤ Aggression and impulsivity                         |
| ➤ Access to lethal means   | ➤ Social isolation                                   |
|  | ➤ Substance use that disrupts everyday functioning   |



26

---

---

---

---

---

---

---

---

## Another risk:

Exposure to a suicide can increase the likelihood that a person who has lost someone to suicide will consider suicide themselves if they:

- View suicide as a normal or common reaction to life circumstances
- Are still in the process of grieving a suicide; this may instill feelings of hopelessness in the individual and reinforce the idea that suicide is an option or is 'normal'
- Are currently struggling with mental illness, considering suicide, or have a past suicide attempt



27

---

---

---

---

---

---

---

---



28

---

---

---

---

---

---

---

---

**Protective factors include:**

- Close, positive, and supportive relationships with family, friends, and others
- Tendency to look for support when needed
- Positive coping strategies, including emotional regulation
- Comfort expressing emotion
- Easy access to mental health care; the 'right care' at the 'right time' (It's important that this care is stigma-free, culturally appropriate and trauma-informed)

U.S.W. PREVENTION

29

---

---

---

---

---

---

---

---



30

---

---

---

---

---

---

---

---

## Warning signs of suicide include:

- > Threats of suicide or comments about wanting to die\*
- > Looking for ways to die\*
- > Suicide attempt
- > Increased substance use
- > No sense of purpose in life or evident reason for living
- > Withdrawal from friends and family
- > Rage, anger, irritability
- > Recklessness
- > Dramatic mood changes like happiness after a period of depression
- > Statements that indicate hopelessness or being a burden
- > Unexplained fatigue
- > Giving away a lot of personal belongings
- > Absenteeism
- > Presenteeism



31

---

---

---

---

---

---

---

---

## Major warning signs of suicide spell IS PATH WARM:

- I** - Ideation: thinking about suicide
- S** - Substance use: problems with drugs or alcohol
- P** - Purposelessness: feeling like there is no purpose in life or reason for living
- A** - Anxiety: feeling intense anxiety or feeling overwhelmed and unable to cope
- T** - Trapped: feeling trapped or feeling like there is no way out of a situation
- H** - Hopelessness or Helplessness: feeling no hope for the future, feeling like things will never get better
- W** - Withdrawal: avoiding family, friends, or activities
- A** - Anger: feeling unreasonable anger
- R** - Recklessness: engaging in risky or harmful activities normally avoided
- M** - Mood change: a significant change in mood



32

---

---

---

---

---

---

---

---

## How to help



33

---

---

---

---

---

---

---

---

## The 5 Basic Actions of MHFA

In the MHFA course, you will gain a solid understanding of the 5 basic actions of ALGEE:

- Assess the risk of suicide and/or harm
- Listen non-judgmentally
- Give reassurance
- Encourage professional support
- Encourage other supports

ALGEE is the framework for having a confident conversation about mental health with family, friends, colleagues, and strangers.



34

---

---

---

---

---

---

---

---

## Most important rule of all

- You need to take of yourself.
- Self-care isn't selfishness.
- Lead by example.
- You're not going to be able to help anyone if you can't help yourself.
- You can't take on everyone's problems, but you can help people get help.



35

---

---

---

---

---

---

---

---

## 5 Simple Steps to Help Someone

### Step 1: Pay attention

- Pay attention to the warning signs.
- Pay attention when listening to someone by using active listening skills in steps 2, 3, 4, and 5.



36

---

---

---

---

---

---

---

---

## 5 Steps cont'd

### Step 2: Start a conversation

Create a safe, open, and non-judgmental environment to have a conversation with the person you care about. For example:

- Over the phone
- While driving in the car
- Over food or drinks at a favourite hang out
- While working on a project

Mention what you've noticed; be specific.



37

---

---

---

---

---

---

---

---

## 5 Steps cont'd

### Step 3: Keep the conversation going.

- Ask questions and listen to what the person is saying.
- Resist the urge to offer solutions.
- Don't diminish what they say or feel; it's important to validate them. Acknowledge their feelings are valid and let them know that you're there to support them:

*"That sounds really hard. But thank you for telling me. Can you tell me more about it? I'm here for you."*



38

---

---

---

---

---

---

---

---

## 5 Steps cont'd

### Step 4: Stick to your role.

- You're a friend, stranger, family member, co-worker, etc. – not a counsellor.
- Who else have they told? Encourage them to reach out to others.



39

---

---

---

---

---

---

---

---

## 5 Steps cont'd

### Step 5: Still worried? Ask directly – “Are you thinking about suicide?”

- If they say yes, don't panic.
- Let them know you are there for them and connect them with readily accessible mental health supports.
- Call the crisis line together - **988**
- If they have imminent plans to die, call **911** and ensure they are not left alone.



40

---

---

---

---

---

---

---

---

Why is it important to ask directly about suicide?



41

---

---

---

---

---

---

---

---

## 3 Stages of Suicide Prevention

1. Prevention
2. Intervention
3. Postvention



42

---

---

---

---

---

---

---

---

## Importance of Postvention

Studies have found that people who regularly receive letters or texts with caring messages following discharge from psychiatric care have fewer suicide attempts than those who do not.



43

---

---

---

---

---

---

---

---

## Suicide grief is unique.

- Shock and numbness
- Deep sadness
- Anger and blame
- Guilt
- Shame
- Relief
- Denial
- Why questions
- Fear
- Depression
- Leaning on spiritual or religious beliefs
- Thinking about suicide
- Reaching out



44

---

---

---

---

---

---

---

---

## Messages of HOPE

- "It is not your fault."
- "Allow yourself the space and time to grieve."
- "It is also okay to take a break from grieving and allow yourself to enjoy what brings you happiness without feeling guilty."
- "It is okay to talk about your loss."
- "At first it is one second at a time, then one minute at a time, then one hour at a time, one day at a time, one month at a time, one year at a time..."
- "Grief looks very different for everyone: allow yourself to feel whatever emotions that may arise."
- "Find support and a listening ear."
- "Connect to others who have experienced a loss, it may help to feel connected and talk openly about your experiences."
- "You can try counselling; it did wonders for me!"



45

---

---

---

---

---

---

---

---

# Messages of HOPE

- > "It will get better! One step at a time, one minute at a time – you got this."
- > "Please reach out for help, you are not alone and YOU MATTER."
- > "Honestly, it won't always feel this bad and it WILL get better. You are worth it, please keep going."
- > "Your illness does not define you."
- > "If you are looking for a sign not to kill yourself, THIS IS IT."
- > "Breathe."
- > "It is temporary. Do what you need to do to cope and get through this. Sleep if you must, cry if you must, just hold on for another day, hour, or minute."
- > "Don't ever lose hope! Recovery is possible!"
- > "Find one thing to wake up for every day whether it's a pet, a child, spouse, parent, etc."
- > "Find someone you trust who is supportive and reliable and put them on speed dial!"



46

---

---

---

---

---

---

---

---

# Messages for supporters

- > "Be patient. Be hopeful. Be there."
- > "Be strong. Look after yourself and never give up fighting for your loved ones."
- > "Always take the person seriously, listen and ask them what they need to be safe."
- > "Do not blame yourself for not seeing the signs."
- > "Appreciate that it is not an attention seeking act. Their pain is real - do not minimize their thoughts."
- > "Get support and talk about it. Supporters need help too and the love and comfort of knowing they are not living this alone."
- > "Ask them - what is the most helpful thing I can do for you?"
- > "Don't forget to take care of yourself too."
- > "Be nonjudgemental. Be supportive. Be kind."



47

---

---

---

---

---

---

---

---

# Scenarios



48

---

---

---

---

---

---

---

---



## Phone call from a friend

➤ Martha calls you and sounds strange, like she's really tired and maybe intoxicated in some way, she says that she loves you but feels that you'll be better off without her.

➤ What do you do?



49

---

---

---

---

---

---

---

---

## Coworker with gunshot wound

➤ Barry is a comical guy and always seems happy. He laughs at his own jokes and gets along with almost all of his coworkers. There's been an ongoing personality conflict between him and another coworker, Angelo, but this is understood by everyone else because they also have some level of conflict with Angelo. Recently, Barry seems to be more irritated with Angelo, but there are obvious reasons for it. Today Barry shows up at work with a gunshot wound in his shoulder that he says happened when he was cleaning his hunting rifle.

➤ What do you do?



50

---

---

---

---

---

---

---

---

## Neighbour not himself lately

➤ George has been drinking a lot more lately, as evidenced by the bottles you've seen him putting in the recycling bin, and has been somewhat withdrawn for the last couple of days. Today George seems really happy and says hi accompanied by an energetic wave when you're in your backyard. He's obviously been drinking a lot today too.

➤ What do you do?



51

---

---

---

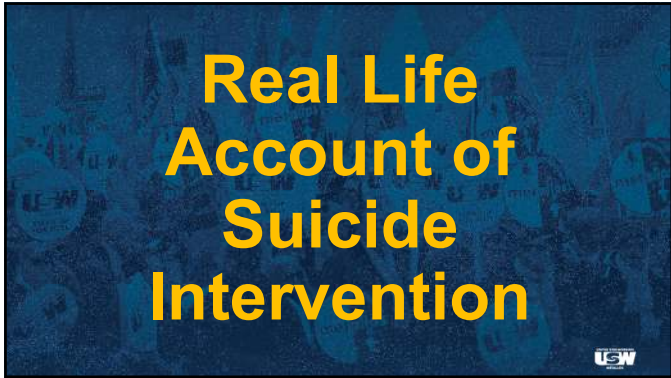
---

---

---

---

---



52

---

---

---

---

---

---

---

---



53

---

---

---

---

---

---

---

---



54

---

---

---

---

---

---

---

---

## Act for Mental Health campaign

Join the Canadian Mental Health Association in advocating for more funding for suicide prevention and mental health crisis response through the Act for Mental Health campaign

<https://www.actformentalhealth.ca/>



55

---

---

---

---

---

---

---

---

## Community initiatives

Welcome to Together to Live

This is a guide to preventing suicide in your community. The guide will walk you through creating a community suicide prevention plan.

<https://www.togethertolive.ca/>



56

---

---

---

---

---

---

---

---

## Awareness campaigns

Create an effective suicide prevention awareness campaign

<https://mentalhealthcommission.ca/resource/create-an-effective-suicide-prevention-awareness-campaign/>

Safer Conversations about suicide on social media

<https://mentalhealthcommission.ca/resource/safer-conversations-about-suicide-on-social-media/>



57

---

---

---

---

---

---

---

---

## Advocate for suicide prevention

Canada needs a national suicide prevention strategy. We are the sole G7 country without one. [https://www.suicideinfo.ca/local\\_resource/suicide-prevention-initiatives-in-canada/](https://www.suicideinfo.ca/local_resource/suicide-prevention-initiatives-in-canada/)

Canadian Association for Suicide Prevention (CASP) <https://suicideprevention.ca/> has called for a strategy since 2004 [https://suicideprevention.ca/wp-content/uploads/2021/08/CASP-Blueprint-for-Cdn-National-Suicide-Prevention-Strategy\\_Final\\_2009pdf-1.pdf](https://suicideprevention.ca/wp-content/uploads/2021/08/CASP-Blueprint-for-Cdn-National-Suicide-Prevention-Strategy_Final_2009pdf-1.pdf)



58

---

---

---

---

---

---

---

---



59

---

---

---

---

---

---

---

---

## USW Training & Resources

**Promoting Mental Health in the Workplace and in the Union** – this weeklong course addresses stigma about mental health and encourages conversations around mental health issues with a practical exercise regarding accommodation. Keeping someone employed is a preventative factor as we just discussed in this workshop.

**Duty to Accommodate** – the same principles of accommodation apply to all types of requests from religion to disability (which includes mental health issues) and maintaining the employment relationship has preventative factors that are built into this weeklong course.

**Accommodating Mental Health Issues** – this ½ day workshop further explores the principles of accommodation with a focus on mental health conditions that are common (including depression which is a significant factor in roughly half of the deaths by suicide).

988 posters and wallet cards promoting the crisis line and providing guidance on when to call 911 instead.



60

---

---

---

---


---


---

---

---

# External Training

**ASIST**  (Applied Suicide Intervention Skills Training): is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 18 or older can learn and use the ASIST model.

**safeTALK**  Suicide Alertness for Everyone: This 3.5-hour workshop equips people to be more alert to someone thinking of suicide and better able to connect them with further help. The workshop emphasizes the importance of recognizing the signs, communicating with the person considering suicide and getting help or resources for the person considering suicide.



61

---

---

---

---

---

---

---

---

# Free Resources

[www.suicideinfo.ca](http://www.suicideinfo.ca) (posters, pamphlets, help cards, infographics, videos, toolkits, statistics, database of 45,000+ documents)

**The Workplace and Suicide Prevention Toolkit:**  
<https://www.suicideinfo.ca/resource/workplace-suicide-prevention-prevention/>

**Suicide Statistics :** <https://www.suicideinfo.ca/resource-resource-type/statistics/>



62

---

---

---

---

---

---


---

---

# Reputable websites

 centre for\*  
suicide prevention <https://www.suicideinfo.ca/>

 Canadian Mental  
Health Association  
الجمعية الكندية للصحة العقلية <https://cmha.ca/>

 Mental Health  
Commission  
of Canada Commission de  
la santé mentale  
du Canada <https://mentalhealthcommission.ca/>



63

---

---

---

---

---

---

---

---



64

---

---

---

---

---

---

---