

Understanding Suicide



Presented by Brittany Stanley



Canadian Mental
Health Association
Mental health for all

Association canadienne
pour la santé mentale
La santé mentale pour tous

Canadian Mental Health Association (CMHA)

Who are we?

- National organization
- Direct services to over 100,000 Canadians
- 31 CMHA Branches in Ontario, covering entire province
- Provincial ED network
- Advocacy, Education, Research, Services



Suicide Facts

- 1 million people worldwide die by suicide annually
- 10 Canadians die by suicide EVERY DAY
- 9th leading cause of death in Canada (after cancer, heart disease, accident)



www.canada.ca/en/public-health/services/suicide-prevention/suicide-canada.html



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Suicide Facts

For every death by Suicide there are:

- 5 Hospitalizations for self-inflicted injuries
- 25 – 30 Attempts to die by suicide
- 7-10 people profoundly affected by suicide loss)



www.canada.ca/en/public-health/services/suicide-prevention/suicide-canada.html

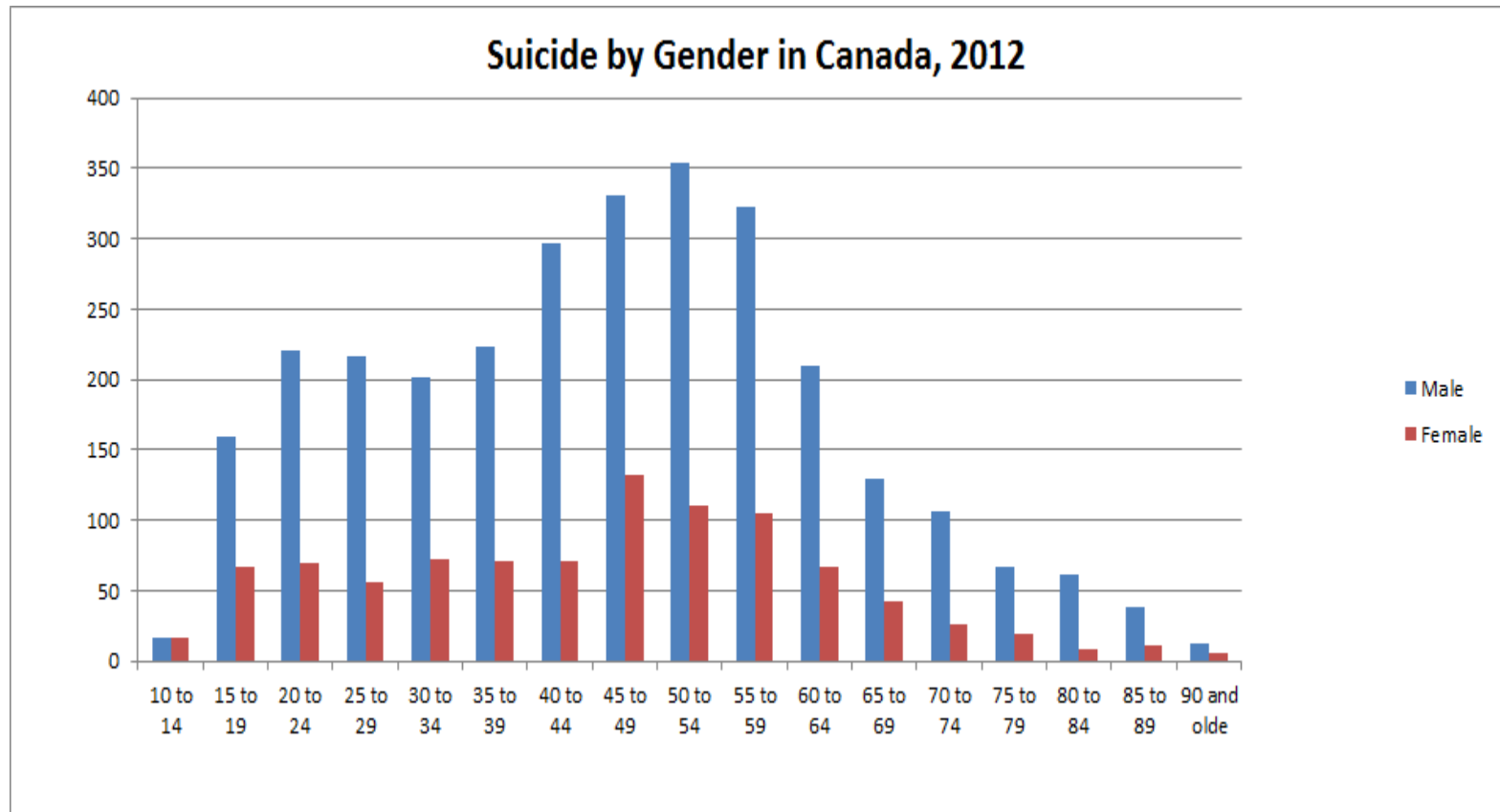


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Suicide Facts

More men than women are likely to die by suicide



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Why do people die by suicide?

- Suicide behaviour can occur for many reasons
- For many, suicide is the only choice to alleviate their pain
- Suicide affects all individuals regardless of social – economic classes
- Mental Health concerns increase risk of suicide but suicide can occur when no Mental Health issue is apparent



What you may notice

- Impulsive and/or reckless actions
- Statements that make you think
- Overall change in behaviour
- Withdrawal
- Loss of interest
- Misuse of substances
- Change in appearance
- Giving away possessions
- Happy/ Relief
- Signs of distress



Ask...

Are you having thoughts of suicide?

- Be direct and honest - You want to know the answer
- You care about the person – You may be the only person who has taken the time to ask

Do you have a plan?

- Asking the question – doesn't give a person the IDEA
- You may offend ... but they will be alive to actually be offended



Listen...

Don't offer solutions!

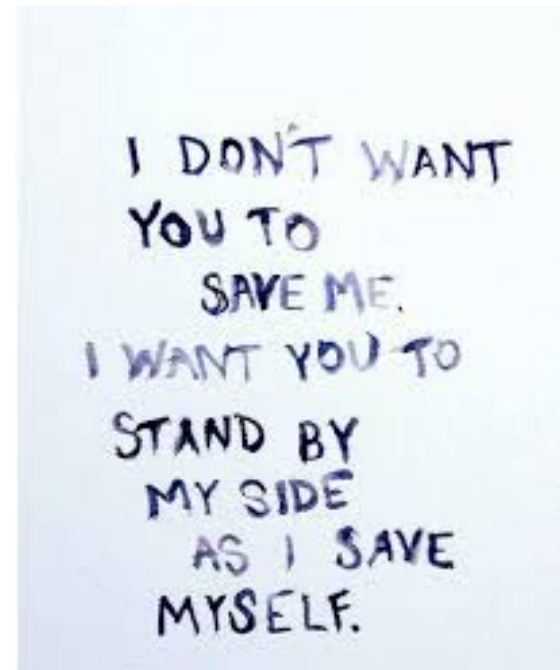
- Be an active listener
- Listen to THEIR story – not yours
- Be in the moment with them
- Empathize
- Don't minimize their situation
- Try and avoid “glib” advice



Support

Asking for help ...

- Talking about suicide will decrease stigma
- Anyone can have thoughts about suicide
- Its OK to talk about suicide
- Look into community resources
- Don't brush it under the carpet
- If you don't know, you can't help
- Speak to your doctor
- Education
- Awareness



Getting Help!



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Your Well-being

Our mental well-being takes time to nurture.



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Self Care

- Move your body
- Interact with people
- Journal
- Participate in activities you enjoy
- Volunteer your time
- Learn a new skill
- Laugh
- Maintain a healthy diet



You cannot *drink*
from an empty cup.

FILL YOURSELF UP. YOU'RE WORTH IT.



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Self Care

Challenge and change your
thought patterns and
perspectives



Always Consider

Find a CMHA near you: **www.cmha.ca**



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Information & Resources

- Canadian Mental Health Association: www.peel.cmha.ca
- Living Works: www.livingworks.net
- Centre for Addictions and Mental Health: www.camh.ca
- Centre for Suicide Prevention: www.suicideinfo.ca
- Teen Mental Health: www.teenmentalhealth.org
- Mental Health First Aid Canada: www.mhfa.ca
- Living Life to the Full Canada: www.lltf.ca
- Mental Health Works: www.mentalhealthworks.ca



Wellness Together Canada

<https://ca.portal.gs>

Wellness Together Canada: Mental Health and Substance Use Support

Introduction

We recognize the significant strain that COVID-19 has placed on individuals and families across the country. Many people are concerned about their physical and mental well being. Canadians are being challenged in a number of ways because of isolation, financial and employment uncertainty and disruptions to daily life. *Wellness Together Canada* provides tools and resources to help Canadians get back on track. These include modules for addressing low mood, worry, substance use, social isolation and relationship issues.

What is Included

Wellness Together Canada offers the following at **no cost** to Canadians:

1. **Wellness self-assessment and tracking.**
2. **Self guided courses, apps, and other resources.**
3. **Group coaching and community of support.**
4. **Counselling by text or phone.**



Where to Start

Click the 'Get Started' button below to create an account. You have the option of completing a wellness self-assessment, and then choosing from the full range of no cost options for support. Without an account you can access immediate support by text and other helpful resources below.

For COVID information and a physical self-assessment of COVID symptoms [click here](#).



Bounce Back

IN CRISIS? Call ConnexOntario at 1-866-531-2600, or [find your local CMHA branch](#).
For immediate help, call 9-1-1



[COVID-19](#) [Adults \(19+\)](#) [Youth \(15-18\)](#) [Care Providers](#) [About CMHA Ontario](#) [Contact Us](#)

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**"I think of myself as a trainer for
your health, your mental health."**

GET STARTED →

[ADULTS 19+](#)

[YOUTH 15-18](#)

[CARE PROVIDERS](#)

BounceBack® is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.

<https://bouncebackontario.ca/>

Thank You!

For more information please contact:

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