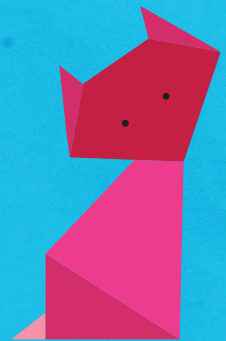


SUICIDE INTERVENTION TOOLKIT FOR YOUTH

REACH OUT



The Child and Youth Mental Health & Substance Use (CYMHSU) Collaborative is funded by the Shared Care Committee in partnership with the General Practice Services and Specialist Services Committees of Doctors of BC and the BC Government. The goal of the collaborative is to increase timely access to integrated services and supports for children, youth and families struggling with mental health and substance use issues.



Where do I get help / Who can I call for help?

If you have already made a suicide attempt (ie: overdosed) or seriously self-injured, **CALL 911**.




If you are seriously at risk of attempting suicide,
GO TO YOUR LOCAL HOSPITAL FOR HELP.

If you don't have anyone to give you a ride, call 911 and an ambulance will pick you up.

At St. John Hospital and Stuart Lake General Hospital

- A doctor is always on call who can see you and help you keep safe, everyday, 24 hours per day
- Monday – Friday, 8:30 am – 4:30 pm: A nurse or doctor will connect youth with a Child and Youth Mental Health Clinician
- After hours: nurse or doctor will assess risk and determine level of intervention required


Local Resources

Connexus Community Resources		Vanderhoof: 250-567-9205
• Child, youth, and family services		Fort St. James: 250-996-7645
Carrier Sekani Family Services		Vanderhoof: 250-567-2900
• Culturally relevant health and wellness programs		Fort St. James: 250-996-7640
Mental Health and Addiction Services		Vanderhoof: 250-567-5994
• Youth and addictions counselling and referrals		Fort St. James: 250-996-2700
		Fraser Lake: 250-699-7742

Other Resources Available or Emotional & Crisis Support Resources for Children & Youth (Phone / Chat & Text)

youthspace.ca, national online emotional and crisis chat and text for youth under 30

 Chat: youthspace.ca | 6 pm – midnight


 Text: 778-783-0177 | 6 pm – midnight

YouthinBC, crisis service

 Phone: 604-872-3311 | 24/7

 Chat: youthinBC.com | Noon – 1 am

1-800-SUICIDE, BC wide phone support line


 Phone: 1-800-784-2433 | 24/7

BC211, Information and referral regarding community government and social services in BC

 Phone: 2-1-1

 Chat: chat.bc211.ca/chat.html

Kid's Help Phone, Canada wide service

 Phone: 1-800-668-6868 | 24/7

 Chat: kidshelpphone.ca

Wednesday – Sunday, 3 – 11 pm

 Text: 686868-CONNECT


BC 310 Mental Health Support Line

 Phone: 310-6789

BC Alcohol and Drug Referral Service

 Phone: 1-800-663-1441

BC Mental Health and Addiction Info Line

 Phone: 1-800-661-2121

BC Nurse Line

 Phone: 811

Kelty Mental Health Resource Centre

keltymentalhealth.ca

 Phone: 1-800-665-1822

Monday – Friday, 9:30 – 5:00pm

Crisis Prevention, Intervention and Information
Centre for Northern BC

crisis-centre.ca

 Phone: 1-888-562-1214 | 24/7

Am I at risk?

Learning to recognize the signs and symptoms of suicidal thinking can help you know when to reach out for support. If you are experiencing any of the below, now would be a good time to talk to someone. Tell a teacher, school counsellor, parent, doctor, professional mental health counsellor, coach... any adult you can trust. Let them know that you need support.

Are you:

- Isolating yourself?
- Thinking about or hinting to others about suicide— for example, making statements such as “I’m going to kill myself,” or “I’d be better off dead”, or “I wish I were dead”?
- Having regular thoughts about violence or death?
- Using drugs or drinking more than usual?
- Thinking “I can’t take this anymore” or wondering “What’s the point?”
- Losing interest in hanging out with friends/doing anything after school?
- Feeling moody: happy one minute, sad or irritable the next?
- Eating/sleeping more or less than usual, even on the weekends?
- Being told by your friends/family that you’re being mean or irresponsible?
- Giving away things you love or saying good-bye because you know you won’t be around much longer?
- Feeling severely anxious, sad, hopeless, angry or restless most of the time?
- Self-injuring or engaging in reckless behaviour?
- Not caring about your grades at school, or not wanting to attend school?
- Having trouble concentrating, forgetting, or experiencing a lack of energy or enthusiasm?
- No longer caring whether you’ve had a shower or whether your clothes are clean?
- Feeling “worthless” or feeling guilty/ashamed?
- Making plans to die by suicide?

Have you experienced:

- Recent loss or series of small losses?
- A recent suicide in the community/family?
- Loss of a close friendship/romantic relationship?
- Your parents often being mad at you/ blaming you for stuff?
- Confusion about gender identity and/or sexual orientation?
- Previous suicide attempts?
- Acting without thinking it through first?
- Family history of suicide or suicidal behavior?
- Mental illness?

Circle of care







You might be feeling anxious, lonely, and isolated. It may help to focus on things, people or experiences that make you feel good: maybe it's music, nature, or a pet.

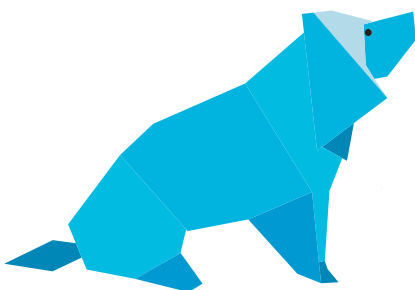
- Write down people's names and their contact information so you have these supports in place.
- Sit down with someone you know and trust if you have trouble coming up with ideas on your own.
- Think about who you could reach out to if you are struggling and need support. Who in your Circle of Care will answer your text at 2 am and listen to what you're going through?




Reach out

Asking for Help is a Sign of Strength. You Deserve Support.

-  **You are not alone; everyone asks for help at some time or another.** People feel good and grow when they can help others; you are not creating a problem for anyone when you ask for help. It's okay to ask for help.
-  **Don't underestimate your stress. If it is bothering you, you deserve support.** Experiencing stress is "normal". Feeling like it's taking you down or that you have to escape it is reason to reach out for help. No matter how "big" or "small," all stress deserves care. You deserve to have someone help you take care.
-  **It's okay to talk about what you're feeling and experiencing.** How you feel is important to the people around you. They want to know how you feel.
-  **Sources of help and support are available and accessible.** Reach out to resources from the list titled "Where do I get help?" (page 1), and people you have included in your Circle of Care (page 3) in this toolkit.
-  **It's okay to talk about your inner feelings to people who can help you.** You can trust that you will get the help you need. People who you confide in may also need to reach out to others to get help for you. They may need to share information from your conversation, to help you keep safe. Your Circle of Care will expand with other caring people to help support you in the ways that you need and deserve.
-  **Professionals like counsellors, doctors and teachers are trained to support you.** They have received ongoing education, experience, and have their own professional networks of support. Even though you might feel hopeless, trust in the process: people can help you.



How can you help a friend?


 **Listen without judgment.** Support a friend by listening to understand and telling them what you are hearing.


That means saying things like:

- “It sounds like you are in a lot of pain”
- “You sound hopeless and overwhelmed”
- “It sounds like everything is falling apart right now”

Instead of:

- “You shouldn’t say that / feel that way”
- “You’re so lucky / popular”
- “Don’t be silly—you have so much going for you”


 **Encourage them to ask for help. Offer to go with them to get additional help.** It’s very important that you talk to a caring and trusted adult, like a counsellor, parent, teacher or doctor. If a friend tells you they have had thoughts of suicide, plan to die by suicide or are self-injuring, connect them with a caring and trusted adult immediately.

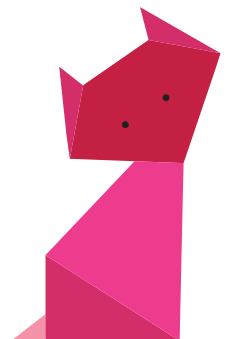
 **Suicide should not be kept a secret.** It is too big and sometimes the best way to help a friend is to make sure they get the help they need. Talk to an adult.

★ **Share the information from the “Give your mind a break” (page 6) and “Try these things” (page 7) to support the friend in taking care of themselves.**

 **Talk to them about connecting to local and online resources.**

- Counselling
- Phone and text supports from the “Who can I call for help?” (page 1)


 **Take care of yourself.** Supporting a friend who is struggling can be challenging; make time to be kind to yourself and recharge.





Give your mind a break—ways you can care for yourself.

Sometimes when we feel overwhelmed or hopeless, suicide may seem like the only option. There are things you can do to help yourself feel better.

First things first!

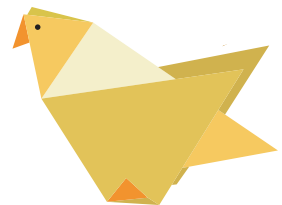
 **Eat Well.** Take time to prepare and eat healthy foods. Overall, the more vegetables, fruits, and water you consume, the healthier your body will be and the better you will feel. If you don't have enough food at home or you need some help, talk to a trusted adult. There are other options to help make sure you're getting the nutrition you need.

 **Sleep Well.** It's important to unplug from this busy world and it's very important to have down time. Experiment shutting down your devices by 9 pm and turning on after you've eaten breakfast. Set a sleep schedule and stick to it. Try the free apps—"Recharge Sleep" app by ReachOut Australia.

 **Keep Safe.** If your housing or living situation feels unsafe, talk to a caring adult such as your school mental health counsellor. If home is an unsafe place for you and / or if there is violence in your home, you can call the 24-hour Kids' Help Line—Ministry of Children and Family Development (MCFD) at 310-1234 (no area code is required) or ask someone you trust to make the call with you.

Key point

Self care is important. So is reaching out and getting immediate help if things are getting bad and you think you might hurt yourself.



Try These Things



Slow down and breathe

At any moment in time you can notice your breath. There is no right or wrong way to breathe. Picture your chest expanding as it fills with air. Notice your breath and visualize your breath for a few breath cycles can help you to feel more grounded.

- Try saying “in” as you breathe in and “out” as you breathe out.
- Wear a bracelet or necklace to touch to remind yourself to slow down and breathe.
- Carry a stone or shell in your pocket; something to hold and connect to.



Be creative and make something

Escaping the busy endless loops of the mind is helpful for everyone. One way to do this is by using art. The hand is connected to the heart.

- Try collaging, painting, even doodling. Allow your inner critic (the voice that might pop up and judge your artistic abilities) to take a back seat and express yourself through lines, brush strokes, colors, or a collage. Don't know where to start? Try this experience: paint, draw, write, or collage an image of “who I am”. Include all the different parts of yourself that you know and have known over the years. You might include parts of yourself that are playful, loving, stressed out, upset, animals or people you admire / love, things you enjoy or have enjoyed such as music, sports, dance etcetera. Put it all down; there is no right or wrong. There is no one to judge this self expression.
- Mold clay.
- Break out the Lego.
- Make music; drum, sing, dance.
- Do some woodworking, knit something, plant something. Draw, make art, make jewelry, make origami.
- Cook food, write poetry, tell a story. Engaging different parts of your mind can distract yourself from the feelings you can get stuck in.



Connect with nature

Spend time in nature—at the lake, in forests and mountains. It helps us to feel connected and calm. We learn a lot from being in nature. Nature is alive and thrives, responds to change and survives. A 100 year old tree builds a solid foundation, draws nutrients from the environment and can bend in a strong wind—it has survived many storms.



Connect with an Elder

It helps both younger and older generations to connect with one another. Tell stories, joke, discuss your heritage.

Use technology as a support: websites, apps, and other resources

anxietybc.com

Anxiety is a common mental health concern. There are some great strategies for changing the way we think and react in various situations and this website has some tools to guide you through some of these techniques.

keltymentalhealth.ca

The Kelty Mental Health Resource Centre has some “Youth in Residence” who are youth “who have lived experience with mental health challenges, and provide support, navigation, and resources to other youth from across B.C.” Access them for peer support

Monday – Friday from 10 am – 5 pm by phone 1-800-665-1822 or email keltycentre@cw.bc.ca

ReachOut.com (Australia)

An online resource dedicated to teaching how to get support when we need it. There’s tons of great info on this site about all sorts of things that might be affecting you and they have a couple great apps.

mindcheck.ca

Information, resources and accessible screening tools related to mental health and substance use for youth and young adults.

heretohelp.bc.ca

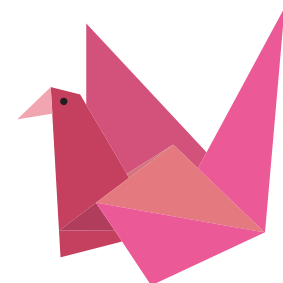
Information, support and youth-accessible screening tools for mental health, substance use, etc.

mindyourmind.ca

Mental health information, support and resources for youth.

familysmart.ca

Support for families to work with professionals and systems to understand and meet the mental health needs of families, children and youth.



youthspace.ca

Support and information for youth under 30. Online chat and text support, moderated forum, resources and link to ongoing email counselling at Pacific Centre Family Services.

youthinbc.com

Resources on specific topics including depression, anxiety, suicide, self-injury, etc. Also has free mindfulness meditations and body scans.

calm.com

Free and easy online relaxation moments.

doyogawithme.com

Free online yoga and meditations for all ages.

There's an App for that!

[My3 – Support Network](#)

This is an app created to help you stay safe when you are having thoughts of suicide. It lets you program in your contacts for 3 people in your Circle of Care, as well as access 911 easily. It also helps you create and pull up your customized safety plan in times of need. It is free of charge through Apple App Store or Google Play. You can find more information about it at my3app.org

[Mind Shift](#)

Anxiety BC has an app called “Mind Shift” and it is designed to “help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.” It is free of charge through Apple App Store or Google Play. You can find more information about it at my3app.org or anxietybc.com/resources/mindshift-app

[Operation ReachOut](#)

Links to lots of cool apps, as well as a tool called “Take the Quiz” that helps you sort through some of the apps out there to find ones that might be right for you and your goals. Click on “The Toolbox” tab at the top of the page to look at the apps they recommend.

au.reachout.com

[Booster Buddy](#)

A free app for teens and young adults to improve their mental health. A sidekick guides you through daily quests to establish and sustain good habits.

[Mood Tools](#)

A free app for teens and young adults to lift your mood. It is designed to help combat depression and alleviate negative moods, aiding you on your road to recovery.

