



**If you are thinking about suicide, you are not alone.** Many people have thoughts of suicide, for a number of reasons. Thoughts of suicide can be very scary.

**Y**ou probably feel hurt, confused, overwhelmed, and hopeless about your future. You may feel sadness, grief, anger, guilt, shame, or emptiness. You may think that nothing can be done to change your situation. Your feelings may seem like they are just too much to handle. It is important to know that thinking about suicide does not mean that you are “weak” or “crazy”. Many people think about suicide because they are looking for a way to escape the pain they are feeling.

**E**ven though your situation seems hopeless and you wonder if you can stand another minute of feeling this bad, there are ways to get through this and feel better. You don't have to face this situation alone.

### How To Stay Safe ...

- With a trusted friend write down the steps you will take to keep yourself safe should your suicidal thoughts return. Keep it where you can see or find it easily. Include numbers for suicide crisis lines and emergency services.
- Remove pills, weapons, or other means of injuring yourself from your home until you feel stable. Ask a friend or family member for help if needed.
- Identify what triggers your thoughts of suicide. Develop strategies to avoid or respond to them differently .
- Stop or decrease using alcohol and non-prescription substances as these can increase feelings of depression and anxiety, distort perceptions, and interfere with decision making.
- Learn about mental illness. Suicidal thoughts may be a symptom of an underlying mental illness. Talk to a trained Mental Health and Addictions Services professional about your suicidal thoughts and feelings.

### Mental Health and Addiction Services are:

- Confidential
- Provided at no charge
- Available upon personal request or through referral by your doctor, public health nurse, or a community agency.

To access service or for information regarding Mental Health and Addiction Services programs, please call in:

#### Saskatoon, Warman, Martensville

Child, Youth, Adult 306 - 655 - 7777

Alcohol and Drug Detox/Stabilization

Adults 306 - 655 - 4195

Youth 306 - 655 - 4526

Humboldt 306 - 682 - 5333

Lanigan 306 - 365 - 3400

Rosthern 306 - 232 - 6001

Wadena

Mental Health 306 - 338 - 9950

Addictions 306 - 682 - 5333

Wakaw 306 - 233 - 4363

**ARE YOU  
CONSIDERING  
OR  
HAVE YOU  
ATTEMPTED  
SUICIDE ?**



**Saskatchewan  
Health Authority**

Mental Health & Addiction Services  
Saskatoon Area



saskhealthauthority.ca

# THE EMERGENCY DEPARTMENT AND BEYOND ...

**T**oday may feel like the hardest day of your life. You have seriously thought about suicide or perhaps attempted to end your life. You may be overwhelmed. The attempt itself, the reactions of other people, coming to and being in an Emergency Department can be overwhelming. You may feel angry, embarrassed or ashamed. It's hard to imagine that all the feelings you are experiencing right now can get better.

## AT THE EMERGENCY DEPARTMENT ...

**U**pon entrance to Emergency, you and those with you will be asked to provide information to help determine the urgency of your condition. You will then be assessed by a Physician for medical issues. If you are found medically stable several alternatives are available:

- If the Physician believes that you continue to be an immediate risk for injuring yourself, arrangements will be made for you to see a Psychiatrist for further assessment.
- In some cases a mandatory assessment by a Psychiatrist maybe ordered.

- If the Psychiatrist assesses you to be an immediate risk for suicide, you may be admitted voluntarily or involuntarily to the Royal University Hospital Dubé Centre for Mental Health.
- In cases where admission to the Royal University Hospital Dubé Centre for Mental Health is not required, you will be discharged to the community for follow-up care. You may be directed to Saskatoon Mental Health and Addiction Services where an Intake Worker will assess what community resources are available to you. You may also be directed to call your family doctor.

## AFTER THE EMERGENCY DEPARTMENT ...

**R**ecovery from the negative thoughts and feelings that made you want to end your life is possible. You can get to a place where you never have thoughts of suicide again or you may learn to live with these thoughts in a way that keeps you safe. It may feel hard and overwhelming right now, but over the next few days, following these tips can help turn things around.



## Create a Safety Plan

**W**ork with a health care professional or another member of your support system to create a plan to help reduce the risk of a future suicide attempt. Your plan should include:

- The signs that indicate a return of suicidal thoughts or feelings.
- What you will do if suicide thoughts return.
- When and how will you seek additional treatment.
- The contact information of your doctor, therapist, or a trusted friend or family member.

Keep a written copy of your plan nearby so you can refer to it as needed.

## Build a Support System

**I**t is important that you have at least one person in your life who can be your "ally". This must be a person you trust and can be honest with, especially if you are having thoughts of ending your life. A close friend, family member, or other trusted persons can fill this role. Keeping your ally informed of what is going on for you can help prevent another suicide attempt.



## Learn to Live Again

**W**hen you are recovering it may take a while before your life feels comfortable again. Getting back into a routine of eating, sleeping, and exercising regularly can help the transition. Try to join in your usual activities a little at a time, adding more when you feel comfortable.

If you continue to have thoughts of suicide, immediately contact your ally, a doctor, your therapist, Mobile Crisis, or the Saskatchewan HealthLine. Listen closely and consider the support and advice you receive. Having thoughts of suicide can make it difficult to make the best decisions.

### SASKATOON COMMUNITY RESOURCES

Suicide Crisis Line	306 - 933 - 6200
Emergency Services	911
HealthLine	811
Mental Health and Addiction Services	
Adult, Youth, Child	306 - 655 - 7777
Substance Detox / Stabilization	
Adult	306 - 655 - 4195
Youth	306 - 655 - 4526
Royal University Hospital Emergency	
	306 - 655 - 1362
Poison Control Centre	1-866-454-1212