# Miss Foley

Health 9: USC7 Death & Suicide **Supporting Others**

**What Can We Do To Support?**

**Individually or with a partner, design and implement a**

**strategy to respectfully & compassionately share the following**

**tragic death and suicide messages with our school population:**

1. Ways to support self if contemplating suicide. Examples: call a crisis telephone support line, draw on the support of family and friends, set up frequent appointments with a mental health professional and request telephone support between appointments, get involved in self-help groups, talk every day to at least one person you trust about how you are feeling, seek help from the emergency department of a local health center/hospital, talk to someone who has ‘been there’.
2. Communicate community and/or provincial agencies or organizations that provide support for those considering suicide or coping with the tragic death of a friend or family member.
3. Illustrate small steps of hope and healing (i.e., mental, emotional, spiritual) that are necessary going through grieving processes for self, family, and community when a tragic death or suicide occurs.

**Brainstorming & Planning Notes:**