# Miss Foley

Health 9: USC7 Death & Suicide **Need To Know**

**What Do I Need To Understand?**

* That people have specific beliefs about suicide that can sometimes complicate the healing process
* There are warning signs for suicide
* There are factors that can increase the risk of suicide
* Suicide and tragic death have a tremendous impact on others left behind
* There are strategies to reduce the risk of suicide and tragic death
* There are supports available to people who are in some way involved in suicide or tragic death
* There is much healing that must occur after a tragic death or suicide
* Tragic death and suicide often present complicated responses, different from other types of death

**What Do I Need To Know?**

**Warning signs of suicide:**

* repeated expressions of hopelessness, helplessness, or desperation
* behaviour that is out of character, such as recklessness in someone who is normally careful
* signs of depression - sleeplessness, social withdrawal, loss of appetite, loss of interest in usual activities
* a sudden and unexpected change to a cheerful attitude
* giving away prized possessions to friends and family, making a will
* making remarks related to death and dying; or an expressed intent to commit suicide

**Factors that may increase risk:**

* having a serious physical or mental illness
* feelings of guilt
* victim of abuse
* abusing alcohol or drugs
* experiencing a major loss Ex. death of a loved one
* breakups/divorce
* unemployment
* isolation

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**Kinds of promotions to reduce tragic death:**

* work safety
* traffic safety

**Strategies to prevent or reduce risk of suicide:**

* getting help from adult
* call a crisis telephone support line
* draw on the support of family and friends
* stay healthy and proactively manage your wellness
* 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’

**Use the following links as a starting point to complete the following:**

**Stats Canada**

<http://www.statcan.gc.ca/eng/help/bb/info/suicide>

**How Canada Performs**

<http://www.conferenceboard.ca/hcp/provincial/health/suicide.aspx>

**Canadian Mental Health Association**

<http://www.cmha.ca/>

**Southwest Crisis Center**

<http://www.swcrisis.ca/home.html>

**Southwest Sask Connect**

<http://swsaskconnect.ca/resources/>

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**Statistics for suicide and tragic death in Saskatchewan:**

**Statistics for suicide and tragic death in Canada:**

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**Local & Provincial health promotions and supports to reduce tragic death and suicide:**

**Contact information of Community and/or Provincial agencies and organizations that support those considering suicide or coping with tragic death of a friend or family member:**