

1800SUICIDE (1-800-784-2433) was officially launched on September 10, 2004 - World Suicide Prevention Day. The first of its kind in Canada, the network has supported tens of thousands of callers throughout BC ensuring that people have access to skilled suicide assessment and intervention when they need it most.

The focus is on answering and supporting suicide-related calls. Crisis line workers use evidence-based techniques and a province-wide Emergency Resource Database to support callers. When needed, crisis line workers are able to provide intervention through emergency mental health teams and other emergency services.

Confidential: Calls are kept confidential in accordance with the Privacy & Personal Information Act.

Accessible: Toll-free, non-judgmental support is available 24/7/365 everywhere in BC.

Resources: Resources are provided with consideration of the unique needs of each caller.

Evidence-Based: The networks operate by following the better practices model. This ensures that standards and protocols integrate practices from research, accreditation and other evidence.

Crisis Line Association of BC (CLABC)



1800SUICIDE is supported by the Crisis Line Association of BC (CLABC), a provincial association representing member crisis lines from across BC.

The organization, formed in 1998, became a registered non-profit society on March 14, 2007 and is dedicated to ensuring that every person in BC has access to the needed emotional support and critical services that crisis lines provide.



Crisis Line Association of BC
Address: PO Box 1118, Nanaimo, V9R 6E7
Phone: 250-753-2495
Email: info@crisislines.bc.ca

1-800 SUICIDE
1-800-784-2433



1800SUICIDE is a toll-free, confidential service available 24/7 to anyone in British Columbia with a concern about suicide.

Whether you are having thoughts of suicide, know someone that may be thinking about suicide, or are struggling with a suicide loss, 1800SUICIDE is a safe and judgement-free place to talk.



1-800-784-2433

SIGNALS OF SUICIDE



A person who is suicidal feels trapped, hopeless & alone. They feel their only choice is to die by suicide. Some possible signs are:

Changes in Behavior

Increased use of alcohol or other drugs increased or decreased sleeping or eating, decreased self-care.

Hopelessness

A negative outlook with no positive future. "What's the point? It won't change".

Changes in Mood

Crying easily, depressed, frequently agitated/ anxious.

Warnings

Saying "life isn't worth it" or "things would be better if I was gone". Jokes, poems and art about suicide.

Preparations for Death

Saying goodbye, making a will; giving away prized possessions, talking about going away.

Impulsiveness

Actions without thought of risk or consequences, outbursts or aggression.

Previous Attempts

Recent intentional self-harm or suicide attempt.

WHAT CAN I DO IF SOMEONE IS SUICIDAL?



Talking can help

- **Reach out** and let them know you care.
- **Ask directly**, "Are you considering suicide?"
- **Be a supportive listener**; accept their feelings.
- **Offer help**. Find out who they can talk to – a relative, counselors, teacher, clergy member, doctor or crisis centre. Never promise to keep a suicide plan secret.

Take them to help:

A hospital, mental health clinic or suicide prevention counselor, if they cannot assure their own safety.

WHAT IF I'M THINKING ABOUT SUICIDE?

Seek out help instead of keeping problems to yourself and feeling alone.

- Talk with someone you trust.
- Call your local crisis centre.
- Call 1-800SUICIDE.

