

Suicide prevention – resources that can help

Trigger warning: This communication contains sensitive information on the topic of suicide.



If you, or someone close to you, is having suicidal thoughts, there is help close at hand

Suicide can be a sensitive topic to acknowledge and discuss. But the pandemic has brought mental health issues – and the issue of suicide – to the forefront. We need discussions of these issues – and access to support – more than ever.

Each day, about 11 Canadians die by suicide – that's more than 4,000 preventable deaths each year.¹ It's the second leading cause of death among young adults (ages 15 to 34). Men in particular are vulnerable, with suicide rates three times higher among men compared to women. This is because men use more lethal means than women.²



Resources that can help

We want to provide you with some resources that can help with suicide prevention. These can help if you're having suicidal thoughts. They can also help you identify others who may be struggling and lead them to support.

- The **Government of Canada** has a comprehensive suicide prevention resource site. It outlines the warning signs, highlights where to get help, and provides tips for supporting others in crisis.
- The **Association québécoise de prévention du suicide** has information on prevention plus 24/7 phone support in French, whether you're looking to help yourself or someone else.
- **The Centre for Suicide Prevention** has information on prevention plus 24/7 phone support in English. The Centre also runs the Buddy Up campaign that specifically addresses men and suicide. You can access their **men and suicide toolkit**.



You can play a role in suicide prevention

The thoughts and feelings that can lead to suicide are important ones to accept. We hope you can take some time to look at the resources highlighted here. They can help you see the warning signs of suicide and show the steps to take to get the care you need. It can also guide you on how to help those in your circle of care who may be struggling.

If you or someone you know is in immediate danger, please call 9-1-1.

¹ <https://www.canada.ca/en/public-health/services/publications/healthy-living/suicide-canada-key-statistics-infographic.html>

² <https://www.suicideinfo.ca/resource/men-and-suicide-fact-sheet/>

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