



Youth Suicide Prevention

Resource Information Newsletter

Office of the Children's Advocate

Thank you for providing information on the suicide prevention programs in your areas.

Please keep us informed as to what is happening in your programs so that we can pass this information on.

Email your information to Patsy Addis Brown at:

pbrown@childrensadvocate.mb.ca



Health Canada and NAHO Launch Innovative Aboriginal Youth Suicide Prevention Web Site

On April 9, 2008 the Government of Canada unveiled a new web site to help combat suicide among Aboriginal youth. Called the

[Honouring Life Network](#), the site is targeted at both Aboriginal youth and suicide prevention workers in First Nations, Inuit and Métis Communities.

Available in English, French and Inuktitut, the site contains resources for youth and youth workers, including a Youth Worker's Forum where youth workers from across the country can connect to discuss and share suicide prevention resources and strategies. Personal stories and fact sheets are also available for youth to read about specific issues that they, or their friends, might be facing. The site's comprehensive directory of suicide prevention resources is updated regularly to help youth workers in

Aboriginal communities find the most relevant and up-to-date information and materials.

The web site stemmed from a joint working group of the Indian Health Service in the United States and the First Nations and Inuit Health Branch of Health Canada.

The National Aboriginal Health Organization is an Aboriginal-designed and controlled body committed to influencing and advancing the health and well-being of Aboriginal Peoples through knowledge-based strategies.

Web Site:

www.honouringlife.ca

Patsy Addis Brown
Editor

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Special points of interest:

- ☺ Honouring Life Network
- ☺ Suicide Facts
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The Manitoba Suicide Line

Suicide - we need to talk.

If you or someone you know is thinking about suicide or dealing with a suicide loss -
Call us now

We can help

1 - 877-435-7170

www.suicideline.ca

Funded by Manitoba Health and
run by Klinik Community Health
Centre



Suicide Facts

Issues that Contribute to Suicide

Suicide isn't usually caused by a single issue or event. It is usually the result of many combined issues that a person or community faces. Some risk factors that have been linked to suicide include:

- Low self-esteem.
- Depression.
- Substance abuse.
- Other known suicides in someone's peer group, family or community.
- Feeling disconnected from family, peers, school and the community.
- Unresolved grief or trauma, as a person or in a community.
- A history of emotional, sexual or physical abuse.
- Poverty.

Although these factors have been linked to suicide, they don't necessarily mean that people who have some or all of these traits will become suicidal.

How Can I tell if Someone is Thinking About Suicide?

There are danger signals that may appear in someone who is thinking about suicide. These signals include:

- Past suicide attempts.
- Saying things like, "I wish that I were dead" or "Life is hopeless".
- Depression.
- Changes in behaviour like giving away personal possessions or changes in spending habits.
- Drastic changes in sleep patterns like either over-sleeping or not sleeping.
- Changes in eating patterns like either overeating or having no appetite.

Source of the above articles is the Honouring Life Network web site and were originally developed by the National Aboriginal Health Organization for the Canadian Health Network (CHN).

What to do When Your Friend is Distressed

When one of your friends is really upset, it can be a very difficult time. It may also make you feel confused or worried.

It is important that you do what you can to help them, but if the situation makes you feel uncomfortable or distressed, you can encourage them to talk to someone else. Maybe you could suggest your friend talks to a counselor, doctor or psychologist.

If your friend tells you something that makes you think that they are not safe, then it is important to talk to someone who can assist you to help your friend.

Ways of Helping Your Friend

- **Distract your Friend.** Sometimes taking time out to do something you both enjoy can help to take their mind off what is bothering them.
- **Be Supportive.** One of the best things you can do to help your friend is by being supportive. Letting them know you care, and listening to what they have to say may be two ways you can support your friend.

Looking After Yourself

When you are worried about a friend you might feel stressed or overwhelmed and forget to look after yourself. It is important that you take care of how you are feeling. Speak to someone you trust, such as a family member, friend or counselor.

Having time away from your friend can be important and allow you to relax. Make sure you spend some time doing what you enjoy. You may want to play sports, hang out with other friends, listen to music, or go for a walk.

It's also important to remember that even though you can offer support, you are not responsible for the actions or behaviour of your friend. If they are not willing to accept help and the resources offered, it is not your fault.

24-Hour Crisis Lines — Youth Suicide Prevention

Service	Phone
Klinic Crisis Line	(204) 786-8686 or 1-888-322-3019
Provincial Suicide Line	1-877-435-7170
Suicide Intervention Hotline	1-866-213-2213
Teen Touch Crisis Line	(204) 783-1116 or 1-800-563-8336
Kids Help Phone (National Line available to Manitoba Youth)	1-800-668-6868
MacDonald Youth Services Mobile Crisis Services	(204) 949-4777
Mobile Crisis Unit (Brandon) Crisis Crisis Stabilization Unit (Brandon)	1-888-379-7699 or (204) 725-4411 (204) 727-2555
Mobile Crisis Unit (Selkirk) Crisis Crisis Stabilization Unit (Selkirk)	(204) 482-5376 (204) 482-5361
Mobile Crisis Unit (Winnipeg) 24 Hours	(204) 940-1781
Mental Health Crisis Service (Portage la Prairie)	1-888-310-4593
WRHA Crisis Stabilization Unit	(204) 940-8374
Psychhealth Health Sciences Centre—Emergency Dept.	(204) 787-3167
Seneca Help Line (Winnipeg)	(204) 942-9276

Suicide Prevention Resources

Addictions Foundation of Manitoba

Library, PH: (204) 944-6367
or e-mail: library@afm.mb.ca

Mental Health Education Resource Centre of Manitoba (MHERC),

PH: (204) 772-4917, Toll Free: 1-866-997-9918, www.mherc.mb.ca

ASIST: Applied Suicide Intervention

Skills Training, www.livingworks.net
or for a local registered trainer call Sam
Anderson, R.C.M.P. at
204-984-3295

Children's Clubhouse

1-800-665-0570

SPEAK: Suicide Prevention Education Awareness Knowledge

PH: (204) 831-3610 and
www.speak-out.ca

Canadian Mental Health Association:

www.cmhamanitoba.mb.ca
Manitoba Division: (204) 953-2350
Winnipeg Region: (204) 982-6100

The North American Aboriginal Two Spirit Information Pages & Other GLBT Resources

Focus: TS/GLBTQ Suicide
www.ucalgary.ca/%7Eptrembla

Child and Adolescent Community Mental Health Program

(204) 444-5057.

Manitoba Adolescent Treatment Centre

(204) 477-6391

MacDonald Youth Services

(204) 949-4777

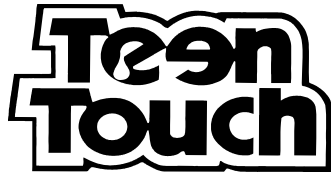
Turtle Island Native Network Healing & Wellness

1-800-273-8255

U.S. and Canada

www.turtleisland.org

Honouring Their Spirits



Teen Touch provides a 24 hour 7 days a week helpline for Manitoba youth and their families. They talk to individuals who are having thoughts of suicide as well as friends and family members who are concerned about suicide for people in their lives. They also communicate with youth through a virtual program, and receive several inquiries regarding suicide through this method as well. Individuals using their service can expect empathy and non-judgmental responses. Teen Touch also does suicide assessment and intervenes if necessary.

www.teentouch.org

Crisis line: (204) 783-1116

We take this moment to remember and honour the 13 young spirits who left us in 2007 and to celebrate those that chose another way.

A Birthday Gift

By Esther Leach (2000) (Aboriginal Youth Network)

She lived a life of solitude
 She lived a life in vain
 There was always a strong, ongoing pain.
 All the time she wished
 That she was dead.
 She thought long and hard, then one day picked up a gun
 And put it to her head.
 Just when she was going to pull the trigger to eternity,
 the phone rang,
 But she could not figure just who it would be.
 When she picked it up, her mother was on the other end
 Just to say "Happy Birthday my girl,
 Today is just for you and I just wanted you to know
 How much I love you so!!!"
 She put the gun down, down for good.
 She cried and thanked her mother for the gift of life she gave her,
 the gift of life again.
 Her mother listened to what she had to say, and was thankful
 In her own special way.

**Youth Suicide Statistics
 by Age and Gender
 For Year 2007**

	Sex		
Age Group	Male	Female	Totals
8-11	0	0	0
12-14	2	3	5
15-17	2	6	8
Totals	4	9	13

Compiled by Office of the Chief Medical Examiner
 April 2008

**Youth Suicide Statistics
 by Age and Gender
 1999 - 2007**

	Sex		
Age Group	Male	Female	Totals
8-11	4	3	7
12-14	19	25	44
15-17	54	37	91
Totals	77	65	142

Compiled by Office of the Chief Medical Examiner
 April 2008

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