

Thinking About Suicide

Are you at high risk at this time of killing yourself?

Do you have a plan and the means to commit suicide?

If so, Call 911 RIGHT NOW!

You do not really want to die, you just want to stop your pain. You feel stuck and trapped as if there is no other way out. There is! You are probably feeling intense emotional pain, so overwhelming that you feel you cannot cope.

You feel there is not life at the end of the tunnel. There **always** is. The emotional pain **will** end. You can get through this. You are at the bottom now and the only way to go is up.

How do we make life meaningful?

By correcting, changing, improving our faulty brain chemistry.

Depression is a treatable illness.

You have the power to stop the hurting if you reach for the help you need.

Some Things To Think About:

1. You need to hear that people do get through this even people who feel as badly as you are feeling now. Statistically, there is a very good chance that you are going to live.

2. Give yourself some distance. Say to yourself, "I will wait 24 hours before I do anything." Or a week. Remember that feelings and actions are two different things - just because you feel like killing yourself, doesn't mean that you have to actually do it right this minute. Put some distance between your suicidal feelings and suicidal action. Even if it's just 24 hours.. Realize that while you still feel suicidal, you are not, at this moment, acting on it.

3. People often turn to suicide because they are seeking relief from pain. Remember that relief is a feeling. And you have to be alive to feel it. You will not feel the relief you so desperately seek, if you are dead.

4. Some people will react badly to your suicidal feelings, either because they are frightened, or angry; they may actually increase your pain instead of helping you, despite their intentions, by saying or doing thoughtless things. You have to understand that their bad reactions are about their fears, not about you.

5. Suicidal feelings are, in and of themselves, traumatic. After they subside, you need to continue caring for yourself. Therapy is a really good idea. So are the various self-help groups available both in your community and on the Internet.



What You Can Do To Fight Suicidal Thoughts

~**Keep a journal** to write down your thoughts. Write about your hopes for the future and the people you value in your life. Read what you've written when you need to remind yourself why your own life is important.

~**Go out with friends and family.** Visiting or allowing visits by family and friends who are caring and can understand may help you feel better

~**Avoid drugs and alcohol.** Most deaths by suicide result from sudden, uncontrolled impulses. Since drugs and alcohol contribute to such impulses, it is essential to avoid them. Drugs and alcohol also interfere with the effectiveness of medications prescribed for depression.

~**Learn to recognize the earliest warning signs of a suicidal episode.** There are often subtle warning signs your body will give you when an episode is developing. This is a signal to treat yourself with the utmost care, as opposed to becoming angry or disgusted with yourself.



~**Talk about suicide.** Your ability to explore the feelings, thoughts, and reactions associated with depression can provide valuable perspective and reassurance to your friend or loved one who may be depressed. Not everyone who thinks of suicide attempts it. For many, it's a passing thought that lessens over time. For a significant number of people, however, the hopelessness and exaggerated anxiety brought on by untreated or under-treated depression may create suicidal thoughts that they cannot easily manage on their own. Take any mention of suicide seriously.

The Hurt Doesn't Go Away:

Perhaps the most common reason people commit suicide is to stop the pain they are feeling inside. The thing is, the pain doesn't go away. It gets transferred to those you love. Your parents, your spouse or significant other, your kids, your friends and acquaintances. Everybody you know is touched to some extent by suicide.

Grief is one of the strongest emotions a person can feel. Do you really want to make your loved ones feel the sort of pain you are feeling? Think about it. If you are convinced that people will be better off without you, you are wrong..

If You Are Thinking About Suicide...



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24Hour Crisis Line
(North East Region)
1-800-611-6349