

Is something on your mind? Counsellors are here to help

Kamatsiaqtut Nunavut Helpline

Every night 7 pm - Midnight
Toll-free: 1-800-265-3333
in Iqaluit 979-3333
(English/Inuktitut)

Kids Help Phone

24/7 - Free - Anonymous -
Confidential
For ages 20 and under
Toll-free: 1-800-668-6868
(English/French)

EMBRACE LIFE COUNCIL does not provide counselling,
for more information contact us at:

Po Box 2259, Iqaluit, NU, X0A 0H0
Phone: (867) 975-3233
Fax: (867) 975-3234
Toll-free: 1-866-804-2782
embracelife@inuusiq.com
www.inuusiq.com

US Native Youth Hotline
1-800-799-7233
(English)

**GN Employee
Family Assistance**
1-800-663-1142
(English/Inuktitut)
1-866-398-9505 (French)

**Federal Government
Employee
Assistance Program**
1-800-268-7708
(English/French)

Our Mission is to Support and Encourage Nunavummiut to Value Life.

SUICIDE PREVENTION starts with a question. Are you ready
to ask it?

Asking someone and talking about suicide can feel scary. Breaking the silence however sends a powerful message to someone that is okay to talk about what they are feeling and thinking, that they are not alone, and that you care. When someone is feeling suicidal, it is often less about wanting to die, and more about feeling that they have run out of options and hope. The fear and shame surrounding these feeling keeps people isolated and cut off from accessing help, which allows their fear, hopelessness, and embarrassment to grow bigger and bigger. Asking about and giving people permission to talk about suicide is the first step towards hope and almost always helps reduce the risk.

Asking someone about suicide doesn't put the idea in their head, it gives them the chance to let their fear out and talk about other options.

Breaking the silence surrounding suicide increases realistic opportunities to save lives and to reduce suffering.

Know what to do to help Prevent Suicide. TALK

T - TELL - If you are having thoughts of suicide TELL someone exactly what you are saying to yourself, as directly and clearly as possible. Don't stop at one person, find several people who take you seriously and who are willing to help.

A - ASK - If you have a suspicion that someone might be thinking about suicide ASK them exactly that, as directly, clearly and as soon as possible.

L - LISTEN - Encourage the person to talk by being a good LISTENER. They're talking to someone who is really listening can be helpful, all by itself.

K - KEEP SAFE - Now is the time to do something that keeps them safe. Do not promise secrecy. Remove any means that might be used to complete a suicidal act. **GET HELP.**

Source : Livingworks and CASP



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PREVENTING SUICIDE, IT IS POSSIBLE



