

## Information Resources

Learning about suicide helps keep people safe. Use these resources to learn more about how to help. If you or someone you know is having thoughts of suicide, reach out for help. Talk to a parent, a teacher, a coach or a counsellor and tell them how you are feeling. If you're in immediate crisis call 911 or go to the nearest emergency room. Remember, people who have thoughts of suicide can get help and feel differently.

### **For general information about suicide warning signs and risk factors:**

Centre for Suicide Prevention

[www.suicideinfo.ca](http://www.suicideinfo.ca)

Health Canada

<https://www.canada.ca/en/public-health/services/suicide-prevention.html>

### **Info Sheets and Graphics:**

Preventing Suicide – CMHA brochure

<https://cmha.ca/wp-content/uploads/2016/02/Preventing-Suicide-NTNL-brochure-2014-web.pdf>

Helping Children and Youth who are Feeling Suicidal – CHEO Infosheet

<https://www.cheo.on.ca/en/resources-and-support/resources/P5012E.pdf>

### **Video Resources:**

Tomorrow's Hope: An Indigenous Youth Suicide Prevention Motion Comic:

<https://www.youtube.com/watch?v=4odBLXzNs70#action=share>

Strength of the Sash: A Metis Youth Suicide Prevention Motion Comic:

<https://www.youtube.com/watch?v=grib7KCKshY&feature=youtu.be>

We Matter Campaign

<https://wemattercampaign.org>

The Trevor Project: Lifeguard Training for Allies of LGBTQ youth:

<https://www.thetrevorproject.org/education/lifeguard-workshop/>

### **Self Care, Mindfulness and Wellness Information:**

Culture for Life

[www.cultureforlife.ca](http://www.cultureforlife.ca)

Mindshift app (free)

<https://www.anxietybc.com/resources/mindshift/app>

Headspace app (free)

<https://www.headspace.com>