



BURNTWOOD REGIONAL SUICIDE PREVENTION COMMITTEE
C/O BRIA, 867 THOMPSON DR., THOMPSON, MB R8N 2P6



Burntwood
Regional Health Authority
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Press Release

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Choose Life most important message during World Suicide Prevention Day

Thompson, Manitoba – Choosing Life is the most important decision anyone can make. World Suicide Prevention Day is on Sept. 10 and the Burntwood Regional Suicide Prevention Committee wants to highlight the significance of this simple statement.

For far too long there has been a stigma about even discussing suicide. There is a need to acknowledge that it does exist so the community can best deal with the issue. In a 2003 survey conducted by Canadian Mental Health Association, two-thirds of Canadians were found to have experienced depression and anxiety or has had a relationship with someone who has.

People who talk about suicide mean what they say. Most warn those close to them, but too often these warnings are missed or ignored.

Some of these warnings could include talking or thinking about death, making comments about being hopeless, helpless or worthless, being in a state of depression, which could involve a deep sadness, loss of interest, difficulty sleeping or eating, which gets worse. Other warning signs can involve a sudden unexpected switch from being sad to being calm or appearing to be happy, putting affairs in order such as changing a will or visiting or calling on people to say goodbye. There may also be serious changes in behaviour such as indulging in excessive drinking or risk taking behaviour.

If you think anyone is displaying these warning signs, the most important thing you can do is ask them about it. Don't be afraid to talk about suicide and be direct. This gives the person permission to talk about it and in most cases, people do want to talk about it, but are afraid no one will listen.

When listening, it is vital to accept their feelings and that the way they see things is true for them. Their feelings are real and valid, even if they are different from your own. Once a person has talked about how they feel, that person may need to have a discussion with a professional. It is important that this connection is made as soon as possible. It is important that connections are made as soon as possible. You can help the person make a phone call or accompany them to make an appointment.

In helping someone, you are letting that person know that they are not alone and that someone cares. It is always important to remember that you are responsible to offer the best help you can, but you are not responsible for another person's feelings or choices. Choose Life and spread the message.

The Burntwood Regional Suicide Prevention Committee has 13 organizations represented. Its primary role is to promote life in the Burntwood Region. On Thursday, Sept. 9, a

community workshop "Safe Talk" is being held at the BRHA Building beside Thompson General Hospital beginning at 7 p.m. Safe Talk trains community members to recognize persons with thoughts of suicide and connect them with suicide intervention resources

24 hour Crisis Phone Lines

MB Suicide Line	1-877-435-7170
Kids Help Phone	1-800-668-6868
Crisis/Sexual Assault 24 hr. line	1-888-292-7565
Domestic Violence Line	1-877-977-0007
Klinic Community Help Centre	1-888-322-3019
Gambling Hotline	1-800-463-1554

Day Support Phone Lines

Rural Stress Line	1-866-367-3276
RCMP (Thompson)	677-6911
Thompson General Hospital	677-2381
BRHA Mental Health	677-5350
Hope House Support Line	677-6054
Toll-free line	1-877-677-6057