

Suicide Prevention – Job Aide

Updated: March 30, 2021
Occurrence: Activated when a person expresses suicidal ideation
Location: <https://assiniboine.net/community/working-assiniboine/centre-learning-and-innovation/teaching-resources>
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Background

In 2016, the American College Health Association completed a National College Health Assessment that includes a Canadian reference group. Of the 43,780 respondents (overall response portion 19.2%), 13% had seriously considered suicide within the last 12 months, 2.1% attempted suicide, and 8.7% intentionally injured themselves (American College Health Association, 2016).

The pain felt by people considering death by suicide seems unrelenting, leading to feelings of hopelessness. Communicating clearly and respectfully about suicide shows a person who is considering death by suicide that they are not alone. **Talking to people about suicide will not increase their risk of suicidal behaviour** (Crisis Services Canada, 2021).

Process

- Be Serious – Suicide is something people often joke and laugh about, often without intention: “This is going to be the death of me,” “I can’t live with all of this drama,” “My schedule is killing me.” Because people talk about pain together with humour, we often think they’re ok or just kidding. Our default response needs to be serious concern in every situation that someone uses suicide ideation language. **It is not safe to assume we know someone’s intentions when they are expressing suicide ideation.** At the very least, we will bring forward the notion that suicide and dying are not laughing matters; at the very most, we will save a life!
- ASK! When people are thinking of killing themselves, they want someone to ask. They want somebody to care. Asking, specifically, “Are you thinking about killing yourself?” is often the best way to keep someone from killing themselves. Asking a difficult question to prevent someone from killing themselves is much better than ignoring it and later learning that person died by suicide.
- Remember – You cannot fix someone who expresses suicide ideation. You cannot solve their problems. But, you can be there for them with kindness, with care, without judgement and guide them to the professionals who can help.
- SAY! When someone expresses suicide ideation, we often have a difficult time knowing how to respond. We can say “I’m sorry you’re feeling so bad,” “How can I help?,” “Let’s keep you safe.” (Mayo Clinic, 2013)
- Involve your school [Student Success Advisor](#) (SSA), Chair and/or Dean in the as soon as possible.
- CALL – **Mobile Crisis Line: 204-725-4411 or toll free 1-888-379-7699**
 - Dauphin Crisis Line: 1-866-332-3030
 - Manitoba Suicide Prevention and Support Line: 1-877-435-7170
 - First Nations and Inuit Hope for Wellness Helpline: 1-855-242-3310

American College Health Association. 2016. *Canadian Reference Group: Executive Summary*. Canadian Public Health Association. <https://www.cpha.ca/sites/default/files/uploads/resources/cannabis/ncha-crg-exec-sum-2016.pdf>

Crisis Services Canada. 2021. Frequently Asked Questions. <https://www.crisisservicescanada.ca/en/faq/>

Mayo Clinic. 2013, June 5. Teen Suicide Prevention [Video]. Youtube. <https://www.youtube.com/watch?v=3BByqa7bhto>