



Straight Talk

Forgive The Past To Heal The Future

Suicide Hotline Number

In the U.S., call the National Suicide Prevention Lifeline at **800-273-TALK (800-273-8255)** to reach a trained counselor. Use that same number and press "1" to reach the Veterans crisis Line.

Canada

They are many depending on where you live. List is on last page.



Part 1:

When someone you know appears suicidal, you might not know what to do. Learn warning signs., what questions to ask and how to get help.

By Mayo Clinic Staff

Look for warning signs

You can't always tell when a loved one or friend is considering suicide. Here are some common signs:

- Talking about suicide — for example, making statements such as "I'm going to kill myself," "I wish I was dead" or "I wish I hadn't been born."
- Getting the means to take your own life, such as buying a gun or stockpiling pills.
- Withdrawing from social contact and wanting to be left alone.
- Having mood swings, such as being emotionally high one day and deeply discouraged the next.
- Being preoccupied with death, dying or violence.
- Feeling trapped or hopeless about a situation.
- Increasing use of alcohol or drugs.
- Changing normal routine, including eating or sleeping patterns.
- Doing risky or self-destructive things, such as using drugs or driving recklessly.
- Giving away belongings or getting affairs in order when there is no other logical explanation for doing this.
- Saying goodbye to people as if they won't be seen again.
- Developing personality changes or being severely anxious or agitated, particularly when experiencing some of the warning signs listed above.

CONTACT INFO:

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612-840-9407

FACEBOOK:

<https://www.facebook.com/>

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WEBSITE:

(in process)
www.nativestrong.org

GMAIL:

nativestrongarc@gmail.com

When someone says he or she is thinking about suicide, or says things that sound as if the person is considering suicide, it can be very upsetting. You may not be sure what to do to help, whether you should take talk of suicide seriously, or if your intervention might make the situation worse. Taking action is always the best choice. Here's what to do.

Start by asking questions

The first step is to find out whether the person is in danger of acting on suicidal feelings. Be sensitive, but ask direct questions, such as:

- *How are you coping with what's been happening in your life?
- *Do you ever feel like just giving up?
- *Are you thinking about dying?
- *Are you thinking about hurting yourself?
- *Are you thinking about suicide?
- *Do not leave the person alone.

*Call 911 or your local emergency number right away. Or, if

you think you can do so safely, take the person to the nearest hospital emergency room yourself.

- * Try to find out if he or she is under the influence of alcohol or drugs or may have taken an overdose.
- * Tell a family member or friend right away what's going on.
- * If a friend or loved one talks or behaves in a way that makes you believe he or she might attempt suicide, don't try to handle the situation alone:

1. **Get help from a trained professional as quickly as possible.** The person may need to be hospitalized until the suicidal crisis has passed.
2. **Encourage the person to call a suicide hotline number.** In the U.S., call the National Suicide Prevention Lifeline at 800-273-TALK (800-273-8255) to reach a trained counselor. Use that same number and press "1" to reach the Veterans Crisis Line.

Canada Suicide Hotlines

Crisis Centres Serving Saskatchewan

(Saskatoon Crisis Intervention Service Inc.)

Crisis 24 hours: (306) 933-6200

Southwest Crisis Services

Business: (306) 778-3386

(Five Hills Mental Health & Addiction Services Centre)

Crisis 8am-5pm, Mon-Fri:

1-877-564-0543

Crisis 8am-5pm, Mon-Fri: (306)

691-6464

West Central Crisis & Family Support Centre

Crisis Mon-Fri, 9am-5pm: (306)

463-6655

North East Crisis Intervention Centre

Crisis 24 hours: **1-800-611-6349**

Crisis 24 hours: (306) 752-9455

Hudson Bay & District Crisis Centre

Crisis 24 hours: **1-866-865-7274**

Crisis 24 hours: (306) 865-3064

Prince Albert Mobile Crisis Unit

Crisis 24 hours: (306) 764-1011

Regina Mobile Crisis Services

Crisis 24 hours: (306) 525-5333

Crisis after hours: (306) 569-2724

Quebec National Crisis Line

Open 24/7 — 1-866-APPELLE

(277-3553)

Crisis Centres Serving Prince Edward Island

24 hour province wide bilingual service: **1-800-218-2885**

Crisis Centres Serving Ontario

Website has lists of Ontario crisis centres.

Business: 416-670-4689

Nunavut Kamatsiaqtut Help Line

Serving Nunavut and Nunavik (Arctic Quebec)

Crisis 7pm-11pm (Eastern Standard Time) 7days/week: **1-800-265-3333**

Crisis 7pm-11pm (Eastern Standard Time) 7 days/week: (867) 979-3333

Crisis Centres Serving Nova Scotia

Mental Health Mobile Crisis Team

(MHMCT)

Toll free 24-hour Services – **1(888)429-8167**

Pictou County and surrounding areas.

Pictou West Food Bank, Pictou County

Fuel Fund, St. Vincent de Paul Society,

and St. Francis Xavier University Student

Help Line.

Information and Helpline: (902)752-5952

Crisis Centres Serving Northwest Territories

Crisis 7pm-11pm (Mountain Standard

Time) 7days/week: **1-800-661-0844**

Crisis Centres Serving Newfoundland & Labrador

Crisis 24 hours: **1-888-737-4668**

Crisis Centres Serving New Brunswick

Provincial toll-free Crisis

line: **1-800-667-5005**

Crisis Centres Serving Manitoba

Southern Health/Santé Sud

East of Red River

Crisis Line: **1-888-617-7715**

West of Red River

Crisis Line: **1-866-588-1697**

Prairie Mountain Regional Health Authority

Mental Health Crisis Response Line:

1-866-332-3030

Adult Mental Health Intake:

1-855-222-6011

Interlake-Eastern Regional Health Authority

Crisis Line – 24 hours:

1-866-427-8628 / (204) 482-5419

Crisis Stabilization Unit: **1-888-482-5361 / (204) 482-5361**

Mobile Crisis Services: **1-877-499-8770 / (204) 482-5376**

Community Mental Health (Selkirk and area): **1-866-757-6205 / (204) 785-7752**

Winnipeg Regional Health Authority

Crisis Stabilization Unit – 24 hours: (204) **940-3633**

Mobile Crisis Service: (204) **940-1781**

Youth Mobile Crisis Team: (204) **949-4777**

Seneca Help Line (7pm – 11pm

daily): (204) **942-9276**

Churchill Hospital General Ward: (204)

675-8322 / (204) 675-8881

Klinik Community Health Centre

Manitoba Suicide Line: **1-877-435-7170**

Crisis Centres Serving British Columbia

Canadian Mental Health Association Crisis Line

Crisis 24 Hour: **1-888-353-2273**

Crisis Centres Serving Alberta

Serving Edmonton and Northern Alberta

Crisis 24 hours: **1-800-232-7288**

Wood's Homes

Crisis 24 hours: **1-800-563-6106**

Wheatland Shelter Crisis Line

(Community Crisis Society, Wheatland Shelter)

Crisis 24 hours: **1-877-934-6634**

Crisis 24 hours: (403) **934-6634**

Distress Centre Calgary

Main Crisis Line: (403) **266-4357**

ConnecTeen: (403) **264-TEEN**

Distress Line of Southwestern Alberta (Canadian Mental Health Association)

Serving Chinook Health Region and south part of Calgary

Crisis 24 hours: **1-888-787-2880**

Crisis 24 hours: (403) **327-7905**

Serving Fort McMurray and Northeastern Alberta

24 hour Crisis Line: **780-743-HELP (4357) / 1-800-565-3801**

Serving all Alberta and Northeastern Saskatchewan

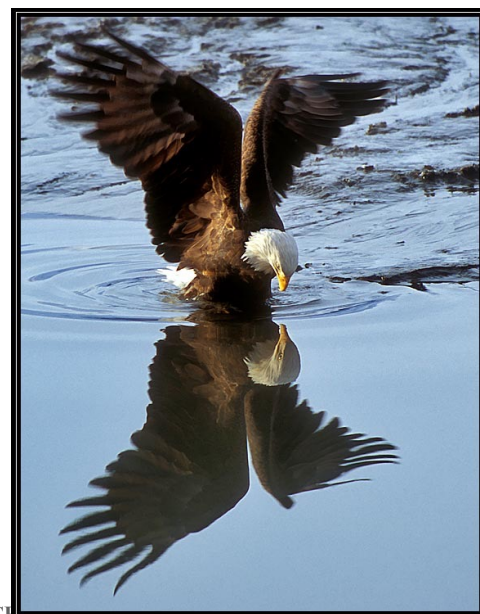
Crisis 24 hours: **1-800-263-3045**

Crisis 24 hours: (780) **645-5195**

Doctor Margaret Savage Crisis Centre

Crisis 24 hours: **1-866-594-0533**

Crisis 24 hours: (780) **594-3353**





Genesis 1: 20

Then GOD said, “Let the water swarm with living creatures, and let birds fly above the earth across the expanse of the sky.”

Holman Christian Standard Bible–HCSB

address label