



The Suicide Information and Education Centre (SIEC) is a computer-assisted resource library containing print and audiovisual materials on suicide, suicidal behaviours, and suicide bereavement.

The Suicide Prevention Training Programs (SPTP) provide skill training that increases caregiver competence and confidence while improving community collaboration. SPTP delivers a variety of workshops, including ASIST, a 2-day suicide intervention workshop.

For more information, you can contact us at:

SIEC/SPTP
201, 1615 - 10 Ave. SW
Calgary AB T3C 0J7
Canada

Phone: 403-245-3900
Fax: 403-245-0299
E-mail:
siec@suicideinfo.ca
sptp@suicideinfo.ca

Visit our website:
<http://www.suicideinfo.ca>

Hello,

In this PDF, we provide two versions of the "Suicide Helpcard". You can use these resources as you wish.

You can download "Helping Someone Who May be Suicidal" and use it as a photocopy master. You may want to use this page as a handout for events such as school presentations or public awareness meetings.

You can also download the "Suicide Helpcard". We suggest either:

- Printing this page at a slightly reduced scale to ensure the Helpcard will fit on a 8.5" x 11" sheet, or
- Photocopying at a slightly reduced scale.

You may also want to:

- Stamp your agency name or community crisis line number on the back.
- Photocopy the Helpcard on paper which is a little bit heavier than regular bond.

We hope you will find these resources helpful.

Suicide Information and Education Centre (SIEC)
Suicide Prevention Training Programs (SPTP)

Suicide Affects All of Us. Let's Talk About It.



The Suicide Information and Education Centre (SIEC) is a computer-assisted resource library containing print and audiovisual materials on suicide.

You can find additional suggestions for helping someone you are concerned about at:

<http://www.suicideinfo.ca/support/concerned.htm>

For lists of Canadian, American, and international crisis services, go to:

<http://www.suicideinfo.ca/support/index.htm>

For more information about our prevention resources or ASIST, a 2-day suicide intervention workshop offered by the Suicide Prevention Training Programs (SPTP), please contact us at:

SIEC/SPTP
201, 1615 - 10 Avenue S.W.
Calgary AB T3C 0J7

Phone: (403) 245-3900
Fax: (403) 245-0299
E-Mail: siec@suicideinfo.ca

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HELPING SOMEONE WHO MAY BE SUICIDAL

If someone you know:

- threatens suicide
- talks about wanting to die
- shows changes in behaviour, appearance or mood
- abuses drugs and/or alcohol
- deliberately injures themselves
- appears depressed, sad, withdrawn...

You can help:

- stay calm and listen
- let the person talk about their feelings
- be accepting; do not judge
- ask if the person is having suicidal thoughts
- take all threats of suicide seriously
- do not swear secrecy - tell someone

Get help: You can not do it alone Contact your:

- family, friends, relatives
- clergy, teachers, counsellors
- family doctor
- local or national crisis lines
- mental health services
- hospital emergency department

