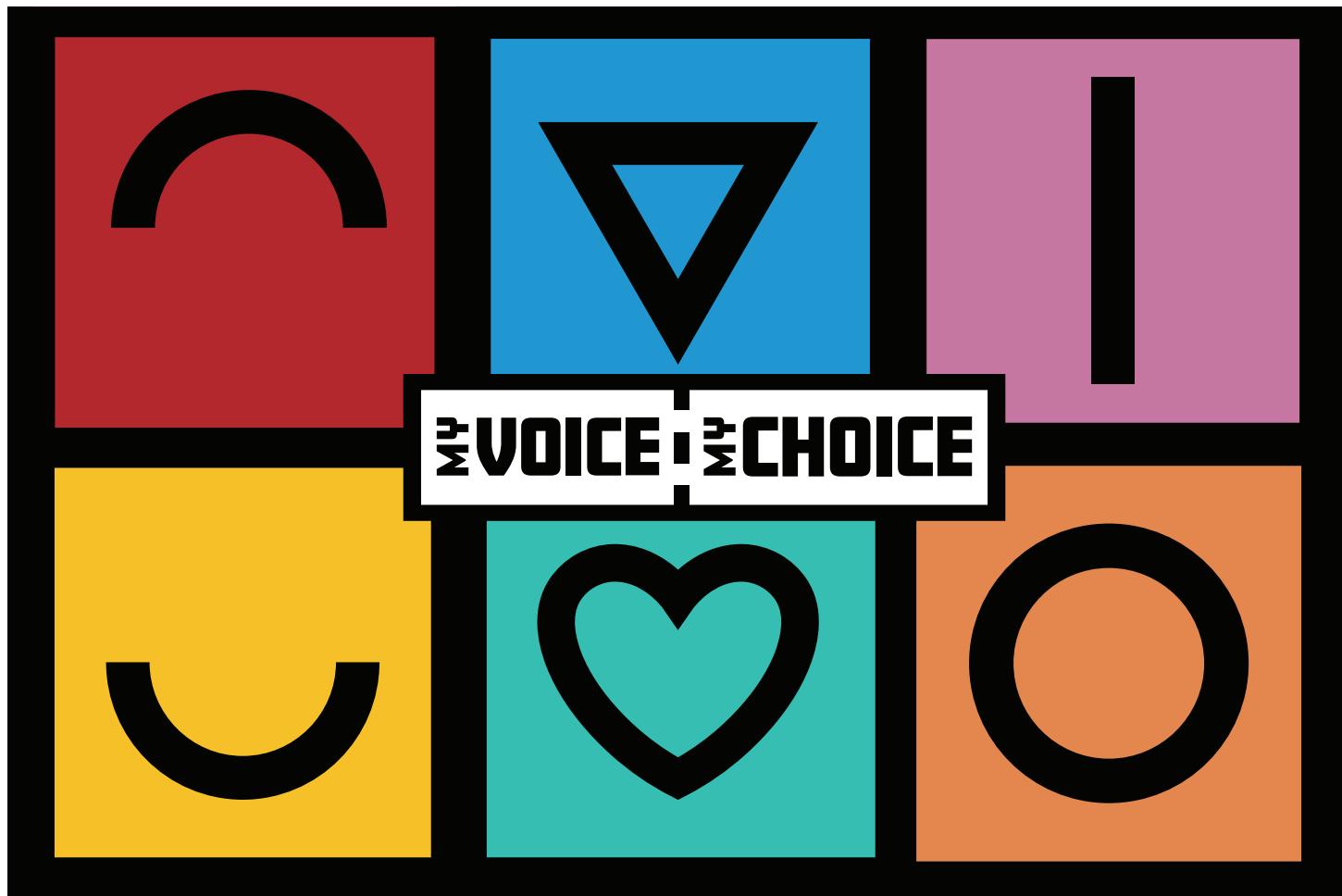


PARTICIPANT'S GUIDE



SELF HARM AND SUICIDE



WHAT'S IN IT FOR ME?

THE SUBSCRIPTION BOX

Self-harm and suicide are intense topics. Lots of people don't understand it or know ways they can help themselves or others who may be having a hard time. This guide can help you learn more about supporting yourself and how you can help support others. There is a list of resources in this guide you can check out too.



Watch Your Words

How We Talk About Self Harm and Suicide Matters

Don't say it...	Why shouldn't we?	Instead, say...
Successful suicide Unsuccessful suicide	Because the word "success" is a positive term and is not how a tragedy should be described.	Died by suicide Took their own life
Committed suicide Commit suicide	It makes the death sound like a crime.	Died by suicide Took their own life
Failed attempt Suicide bid	Because it means someone <i>didn't</i> die, and that is not a "failure".	Suicide attempt Non-fatal attempt
Social suicide Suicide mission	It is an incorrect use of the word "suicide"	Just don't use the word "suicide" if that's not actually what you are talking about.
Cutter Self-harmer Ideator (someone who thinks about self-harm, but does not do it)	The way someone copes with pain is not who they are as a person. Not everyone who self-harms cuts themselves.	"Person-first language" is best, such as "person who self-harms".

*Remember: If you catch yourself using the wrong words, it's okay to correct yourself!



Self-Harm, Suicide & Stigma

Stigma is a negative idea about others that is unfair. We need to work together to stop stigma so people are more likely to get help. Here are some ways you can reduce stigma when it comes to self-harm and suicide:

- Use different words to talk about it
- Don't joke about it
- Take it seriously if someone talks about hurting themselves
- Educate yourself

Myths and Facts about Self-Harm and Suicide

MYTH People who died by suicide are selfish	FACT Many people are driven to end their lives by suicide because they believe they are a problem for others.
MYTH Suicide is the easy way out.	FACT There is nothing easy about suicide.
MYTH Most people who die by suicide don't make future plans.	FACT Most people thinking about suicide go back and forth in their mind about whether or not they want to live or die.
MYTH Asking someone about suicide will make them want to do it.	FACT Asking someone about suicide is more likely to help them to talk about what has been bothering them instead of keeping it a secret.
MYTH Suicide usually happens without warning.	FACT There is almost always warning signs, but they are not always obvious.
MYTH If someone really wants to die by suicide, they won't talk about it.	FACT Most people will tell at least one person they are not okay or their plan to die. They may not come right out and say it, so it's important to know the signs.
MYTH Suicide is not preventable.	FACT Suicide can be preventable. Some actions known to prevent suicide include talking to the person as well as treatment programs to help them cope.



Myths and Facts about Self-Harm and Suicide

MYTH	FACT
If you take away someone's method of ending their life, they will just find another way.	Removing something that someone can use to hurt themselves can help save their life. (Note, please get help if you need someone to take away a weapon such as gun.)
MYTH Suicide only happens to certain groups of people.	FACT Suicide can happen to anyone.
MYTH People who talk about suicide are trying to make someone do whatever they want.	FACT People who talk about suicide are often in pain and need support. It's not helpful to say they are just doing <i>it</i> because they want something. If someone talks about suicide, always take it seriously.

Supporting Others

Someone I know self-harms. What can I do?

- Try not to act shocked if you see signs of self-harm
- Don't judge them
- Listen and let them know you care
- Educate yourself on self-harming
- Encourage them to speak to a trusted adult
- Get support for yourself because seeing someone you care about struggling is really hard

Warning Signs

These are some signs that need to be taken seriously:

- Cuts, bruises, burn marks and/or scars on skin
- Blaming marks on skin as accidents
- Covering body, even if in a warm environment
- Making a threat to die by suicide
- Suicide notes and plans
- Previous suicide attempts
- Talking, drawing, reading, and/or writing about death a lot
- Depression, pulling away from friends and family, giving away personal things, not wanting to participate in activities they used to enjoy



WHAT ELSE CAN I DO?

1. Say what you see.

What are the changes you have noticed? Ask them if they are okay.

2. Show you care.

Tell them you are there for them somehow. Remember, this can be words, a text, or another action to show you care.

3. Hear them out.

Really listen to them. This isn't the time to talk about yourself and tell them whatever you want to say. Try and think about what they must be feeling.

4. Know your role.

You are someone who cares, but you are not a professional. You are here to listen and support, but not provide therapy.

5. Connect to Help

As someone who cares, you can help them to find other ways of getting support.

You can also ask them how you can support them in finding help and you may have some ideas.

The Help Thermometer

There are some things we can handle on our own, some things we need to get a trusted adult to help us with, and sometimes we have emergencies.

Adult Help: Problems that an adult needs to come in and fix.

Just Youth: Issues that adults expect youth to fix on their own.





ALTERNATIVES TO SELF-HARM:

- Talk to someone who can help
- Cry
- Draw or write what's upsetting you and then rip it up
- Squeeze a stress ball
- Hold an ice cube/Run hands under cold water
- Draw lines with marker or paint where you might cut or scratch
- Put glue on hands and peel it off
- Listen to music that makes you feel calm
- Physical activity
- Distract yourself with a book, video game, or a show

How Can You Ask for Help?

Asking for help is not a sign of weakness! Everyone needs help sometimes.



Step 1: Pick the best person to talk to.

Think of someone you feel comfortable talking to who may be able to help with the kind of problem you're having.



Step 2: Think of what you want to get out of it.

Have you ever just wanted someone to just LISTEN to you and they ended up giving you advice you didn't ask for? Or do you want some advice? It's good to think about this in advance so you have a better chance of getting your needs met.



Step 3: Pick a time and place.

Make sure the person has time for you and pick a place where that you feel comfortable in.



Step 4: Tell the person what's going on and ask for what you need.

People can't read minds. If you tell the other person what's going on and let them know if you need advice or just someone who will listen. If the other person knows this, they are more likely to know how they can help.



Extra Resources for You

For more information on healthy coping, check out some of these websites and community resources by searching for them online.

KIDS HELP PHONE

<https://kidshelpphone.ca/>

Call: 1-800-668-6868

Text: 686868

Live chat counselling:

<https://kidshelpphone.ca/live-chat-counselling>

NWT COMMUNITY COUNSELLING PROGRAM (CCP)

<https://www.hss.gov.nt.ca/en/services/nwt-community-counselling-program-ccp>

Call: 867-767-9061

Email: mha@gov.nt.ca

NWT HELPLINE

<https://www.hss.gov.nt.ca/en/services/nwt-help-line>

Call: 1-800-661-0844

RAINBOW COALITION OF YELLOWKNIFE

<http://www.rainbowcoalitionyk.org/>

Call: 1-867-444-7295

Email: info@rainbowcoalitionyk.org

BREATHINGROOM™

This is a multimedia experience designed for youth to help improve mental health. The app can be downloaded from Google Play or the App Store. Enter the code XXQTGPUE for full access.

<https://app.breathingroom.me/register?code=XXQTGPUE>

7 CUPS

7 Cups provides on demand emotional health support and online therapy services. People accessing this site can have 1-on-1 conversations, group chats, participate in forums, and read up on advice from experts.

<https://www.7cups.com/>

WELLNESS TOGETHER CANADA (GOVERNMENT OF CANADA)

This website has lots of free resources to support mental wellness. Users can get personal recommendations based on their needs and track their progress.

<https://wellnesstogether.ca/en-CA>



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