



Preventing Suicide

Where to get help in the NWT



Government of
Northwest Territories

April 2019
www.hss.gov.nt.ca



Suicide

People can become overwhelmed by different challenges in their lives and feel that suicide is the only way to end the pain. If you know someone who is talking about suicide, it is important to take them seriously.

Warning Signs

Here are some examples of warning signs that someone may be thinking about suicide:

- They have a prior history of suicide attempt or thoughts about suicide
- They make jokes or talk about suicide
- They take risks or act like they don't care about themselves
- They show a strong interest in death, such as making a will or giving away their favourite things
- They start to drink or use drugs or increase their use
- They show major changes in their behaviour

What To Do To Help

Listen

Listen carefully and think about the meaning behind their words and body language.

Keep Trying

Ask the person what is wrong and encourage them not to give up. People thinking about suicide often feel very alone.

Ask Questions

Asking questions is very important and will not encourage someone to engage in suicidal behaviour. Ask direct questions, such as whether they will attempt suicide or how or when they will attempt suicide. The more dangerous the method or detailed plan they have, the greater the risk.

Get Help

Never agree to keep someone's suicide intentions a secret. If you think the person may kill themselves, do not leave them alone.

What About You

If you are struggling, feeling hopeless, and/or having thoughts of suicide, you are not alone. Other people have felt the same way. Help is available. Contact your local Community Counselling Program or the NWT Help Line at 1-800-661-0844.



Who Can Help?

- Reach out to a friend, family member, or someone you trust
- Contact your local Community Counselling Program for support and to learn more about how to help others. Visit: www.hss.gov.nt.ca for contact information.
- RCMP, Emergency Units of local Hospitals and Health Centres
- The NWT Help Line is available 24 hours a day, 7 days a week. Call 1-800-661-0844 or visit the  page
- The Kid's Help Phone is available 24/7 for young people ages 25 and under. To talk to someone you can call 1-800-668-6868, live chat at www.kidshelpphone.ca, or text 686868. All services are free of charge and confidential.

1-800-661-0844
NWT Help Line 24/7

KidsHelpPhone.ca
1 800 668 6868

Kids Help Phone

If you would like this information in another official language, contact us at 1-855-846-9601.

Si vous voulez ces renseignements dans une autre langue officielle, communiquez avec nous au 1-855-846-9601.