



SUICIDE warning signs!

Warning signs you might HEAR:

Often individuals who are considering suicide will give clues through their comments. If you hear him/her make statements like these, take them seriously;

- "Nothing ever goes right for me."
- "It'll all be over soon."
- "Whatever, nothing matters anyway."

The following are more serious warning signs:

- "I might as well kill myself"
- "I hate life"
- "Everyone would be better off without me"
- "I just can't take it anymore."
- "I wish I was dead."

SUICIDE DEFINITIONS

At-risk individual - person who has been identified as having certain suicide risk factors (e.g. previous suicide attempt) and/or has been exposed to certain suicide risk conditions (e.g. recent suicide of a close peer)

Caregiver - person who is willing to care for another, to offer support and willingness to get involved with an at-risk individual.

Contributing factors - factors, which act to intensify an existing risk for suicide (e.g. substance abuse)

Risk factor - refers to an individual trait (e.g. hypersensitivity) or demographic factor (gay or lesbian youth, first nations person) which potentially elevates the risk for suicide and suicidal behaviour

Self-injury - deliberate self-injurious behaviour with low intent to die, generally resulting in visible injuries (e.g. wrist cutting) that may be part of a repetitive or chronic pattern

Suicide - death caused by self-inflicted, intentional injury (may be used interchangeably with completed suicide)

Suicide attempt - potentially self-injuring behaviour motivated by an intent to die with a non-fatal outcome

Suicide-related behaviours - a broad spectrum of behaviours, which encompass suicidal gestures, threats, and attempts (may be used interchangeable with non-fatal suicidal behaviours)

Suicide cluster - a process by which one suicide, suicide attempt, or suicide-related behaviour may influence another person to attempt or complete suicide

Suicide ideation - thoughts about suicide

"Every life is precious and has a purpose in our society"



Shakotia'takehnhas Community Services
450-632-6880

