

Coping with Thoughts of Suicide

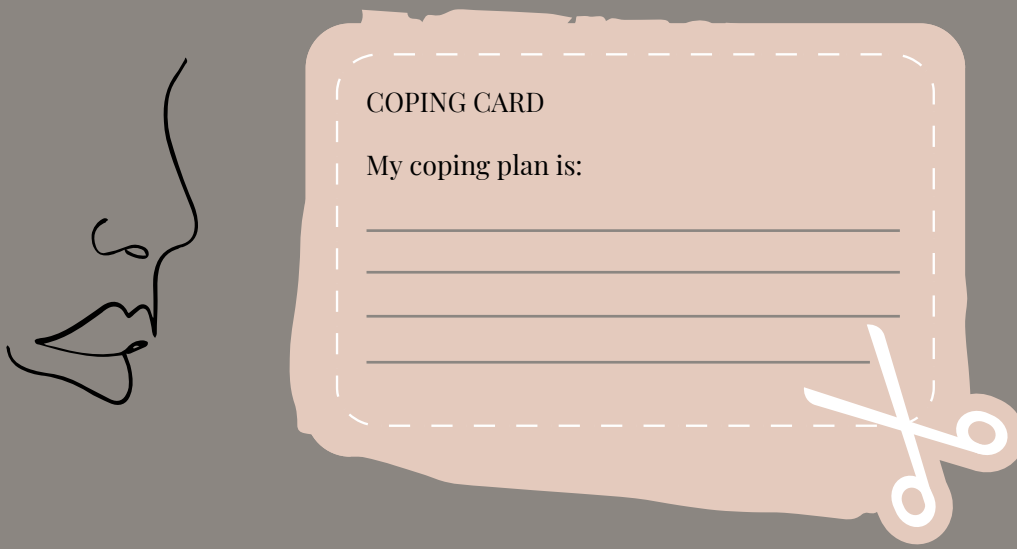
"Nobody has ever measured, even poets, how much the heart can hold."
Zelda Fitzgerald

Suicide

Have you been thinking about suicide lately? Chances are, you picked up this infographic hoping to feel better, to deal with suicidal thoughts, or to find better ways of coping with life's challenges. Here, you can find strategies to help you cope with thoughts of suicide.

Coping Plan

Fill in the Coping Card below with helpful coping skills that you have learned and at least one contact person you can call. Then cut it out and keep it in your wallet or purse for a quick reference or reminder of your coping skills.



Tip: Use all of your senses! You can self-soothe by using your senses during times of stress and distress. Anything that appeals to your senses can help you cope with the present situation.

- What can you...
- See?
 - Hear?
 - Taste?
 - Smell?
 - Touch?

Distract Your Mind

Distract your mind by focusing your thoughts on something else. Go for a walk, read a book, help someone in need, art, music, dance.

TIP Body Chemistry to Calm Down Fast:

- Temperature* – hold an ice pack on your eyes & cheeks for 30 seconds.
- Intense Exercise* – run, jump, lift weights, and move, even for a short while.
- Paced Breathing* – focus your breathing to be a little slower and a little deeper.



Reach Out

You do not have to deal with life's challenges and thoughts of suicide alone. Reach out to a trusted friend or family member. If you find that the strategies are not enough, be sure to reach out and talk to someone about what you are experiencing. As social creatures we often need the support of others to get by and flourish. If you do not have someone in your life that you can go to for support, check out the resources listed below. Sometimes it is best to reach out for professional help as well as to our friends or family.

24/7 Crisis Resources

- Thunder Bay Crisis Response _____ 807-346-8282
- Thunder Bay Regional Health Sciences Center (Hospital ER) _____ 807-684-6000
- Kids Help Phone (up to age 20) _____ 1-800-668-6868
- Crisis Text _____ Text HOME to 686868
- Talk 4 Healing – for Indigenous Women in Northern Ont. _____ 1-855-544-HEAL (4325)
- Beendigen Crisis Line for Women _____ 1-888-200-9997
- Sexual Abuse Crisis Line _____ 807-344-4502

Write down the Contacts for Crisis Services in your Community: _____

Find out more at kellymentalhealth.com