



# Youth Suicide Prevention Newsletter



Office of the Children's Advocate  
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[www.childrensadvocate.mb.ca](http://www.childrensadvocate.mb.ca)

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Helping suicidal kids get help.

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## Telehealth—Helping suicidal kids

The province, along with Manitoba Adolescent Treatment Centre, is working to reduce the high rate of suicide among Aboriginal youth through Manitoba's enhanced Telehealth program. Manitoba Telehealth's Reclaiming Hope program uses Telehealth's existing equipment which includes televisions, cameras, and microphones, to connect suicidal youth in remote communities with psychiatrists in Winnipeg. The goal of the program is to help prevent youth suicide, and to keep youth in their community rather than fly them to Winnipeg to wait in a hospital. Currently, Manitoba Telehealth's Reclaiming Hope program is running in the communities of Berens River, Cross Lake, Pukatawagan, Lac Brochet, and God's Lake Narrows. Telehealth is currently connected to 109 sites across the province and 26 First Nation communities.

To learn more about Telehealth, and to see if there is a Telehealth site near you, visit:

[www.mbtelehealth.ca](http://www.mbtelehealth.ca)



Protective factors are those factors that make it less likely that an individual will engage in suicidal behaviour.

## Sports—A Protective Factor

In Canada, suicide is the second leading cause of death among youth aged 10-24. However, having strong social supports may mitigate suicidal behavior in youth. In many instances, it is these social support networks that are able to support youth when they are going through a difficult time.

The benefits of sports are well known and include improve health, body image, mental functioning, and increased mood. Research now suggests that participation in sports may also reduce the risk of suicide.

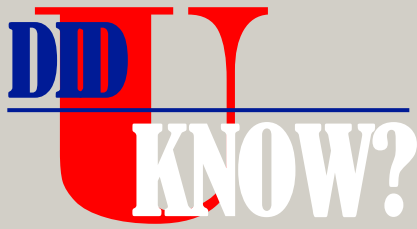
Research has shown that youth who participate in sports show improvements in overall emotional well-being, high levels of self-esteem, and lower levels of depression, anxiety, and stress.

Youth involved in sports also report feeling less hopeless, and are at less risk of feeling sad, depressed, and are less likely to engage in suicidal behaviours. Conversely, youth who do not participate in sports are found to have increased feelings of hopelessness.

Furthermore, by being involved in sports, youth are more likely to attain a favorable social status amongst peers and as a result, have access to increased social supports through the social interactions that would have been fostered by being involved in sports.

***Youth that were involved in sports reported feeling less hopeless and were less at risk of feeling sad, depressed, and engaging in suicidal behavior.***





- Suicide is the second leading cause of death among Canadian youth (ages 10-24) following motor vehicle accidents.
- Males are less likely to seek help.
- Applied Suicide Intervention Skills Training (ASIST) is offered regularly throughout the year. To register for a course near you, visit [www.livingworks.net](http://www.livingworks.net)
- Talking about suicide does not plant the idea in a person's head.
- Manitoba has a suicide prevention strategy. To learn more, visit:

[www.gov.mb.ca/health/mh/hope.html](http://www.gov.mb.ca/health/mh/hope.html)

**The Manitoba  
Suicide Line  
1-877-435-7170**

[www.reasontolive.ca](http://www.reasontolive.ca)

## Sources of Strength

Sources of Strength is a strength-based school program focused on suicide prevention. The program promotes and focuses on connectivity, school-bonding, peer-adult partnerships, and help seeking behaviours.

Youth leaders from various social groups are mentored by adult advisors and seek to change peer social norms about help seeking. Youth leaders encourage friends to (1) name and engage trusted adults to increase youth-adult communication (2) create an expectation that friends ask trusted adults for help for suicidal friends, and (3) identify and use coping resources.

The goals of the program are to:

- \* Increase adult-youth connections and bonding
- \* Increase youth's help seeking behaviours
- \* Increase referrals of distressed peers to supportive adults
- \* Increase coping skills and protective factors
- \* Increase youth leader's knowledge of suicide prevention
- \* Decrease codes of silence among social groups
- \* Decrease stigma surrounding suicide
- \* Decrease isolation and lack of trust in adults
- \* Decrease injuries and self-harm related to suicide, substance abuse, and violence

Sources of Strength has been successful in reducing suicide and suicide ideation in schools in North Dakota, Georgia, and New York. To learn more about its success and how to implement the program in your school, visit:

[www.sourcesofstrength.org](http://www.sourcesofstrength.org)



## CRISIS LINES

Manitoba Suicide Line		1-877-435-7170 (1-877-435-help170)
Kids Help Phone (National Line)		1-800-668-6868
Bullying Help Line (National Line)		1-888-456-2323
Klinic Crisis Line		(204) 786-8686 or 1-888-322-3019
Klinic Sexual Assault Crisis Line		(204) 786-8631 or 1-888-292-7565
<b>Winnipeg</b>	Seneca Help Line	(204) 942-9276
	MacDonald Youth Services Mobile Crisis Services	(204) 949-4777 or 1-888-383-2776
	Mobile Crisis Service	(204) 940-1781
	Youth Mobile Crisis Team	(204) 949-4777 or 1-888-383-2779
<b>Interlake (also services North Eastman)</b>	Interlake/North Eastman Mental Health Crisis Services (Selkirk, MB.)	(204) 482-5361 or 1-866-427-8628
<b>Brandon</b>	Child and Adolescent Treatment Centre and Crisis Line	(204) 727-3445 or 1-866-403-5459
<b>South Eastman</b>	24 Hr. Crisis Line and Mobile Crisis Service	(204) 326-9276 or 1-888-617-7715
<b>Parkland</b>	Parkland Mental Health Crisis Response Service (Dauphin, MB.)	1-866-332-3030
<b>Norman</b>	On Call Crisis (Flin Flon, MB.)	Daytime: (204) 687-1340 After Hours: (204) 687-7591
	On Call Crisis (The Pas, MB.)	Daytime: (204) 623-9650 After Hours: (204) 623-6431
<b>Burntwood</b>	24 Hr. Crisis Line (Thompson, MB.)	(204) 778-7273
	24 Hr. Cross Lake Crisis Line	(204) 676-3687
<b>Churchill</b>	Churchill Health Centre	(204) 675-8300

## COMMUNITY RESOURCES

The Mood Disorders Association of Manitoba Ltd.	(204) 786-0987 or 1-800-263-1460
Addictions Foundation of Manitoba	(204) 944-6367
Manitoba Adolescent Treatment Centre (Winnipeg)	(204) 477-1804
Black Youth Help Line	(204) 253-7475
RAY—Resource Assistance for Youth	(204) 783-5617 or info@rayinc.ca
Ma Mawi Wi Chi Itata Centre (Winnipeg)	(204) 958-9660
Youth Resource Centre	(204) 925-0300 or 1-800-962-6294
New Directions for Children, Youth, Adults, and Families	(204) 786-7051

\*The Office of the Children's Advocate tries to ensure that contact numbers are accurate at time of publishing; should you find a discrepancy, please notify us so that the correction can be made to our online edition. Thank you.

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