



# Youth Suicide Prevention

## Resource Information Newsletter

Office of the Children's Advocate

Thank you for providing information on the suicide prevention programs in your areas.

We endeavour to provide this information to you twice a year - spring and fall.

Please keep us informed as to what is happening in your programs so that we can pass this information on.



Email your information to Patsy Addis Brown at:

[pbrown@childrensadvocate.mb.ca](mailto:pbrown@childrensadvocate.mb.ca)

### Warning Signs of Suicide

Someone you know:

- Talks, reads or writes about wanting to die;
- Repeatedly expresses hopelessness, helplessness, or desperation;
- Exhibits signs of depression, e.g. sleeplessness, social withdrawal, loss of appetite;
- Loses interest in usual activities, e.g. drops out of sports, hobbies, activities...skips school, classes;
- Loses self-esteem; changes behaviour, appearance or mood;
- Abuses drugs and/or alcohol and is displaying other warning signs;
- Deliberately injures themselves or has made previous suicide attempts;
- Suddenly and unexpectedly changes to a cheerful attitude after a period of depression;
- Gives away prized possessions, visits or calls friends to say goodbye;
- Sets affairs in order for e.g. makes a will, takes out insurance, tells final wishes to someone close;
- Has lost someone close to them through suicide and is displaying other signs;
- Threatens suicide—such threats should always be taken very seriously.

### Take all threats of Suicide Seriously!



Patsy Addis Brown  
Editor

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### Special points of interest:

- ☺ Warning Signs of Suicide
- ☺ Youth Suicide Action Team "Daughter-Spirit"
- ☺ Youth Suicide Statistics and Online Questionnaire Results

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## The Manitoba Suicide Line

Suicide - we need to talk.

If you or someone you know is thinking about suicide or dealing with a suicide loss - Call us now

We can help

**1 - 877-435-7170**

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

Funded by Manitoba Health and run by Klinik Community Health Centre

# Native Women's Association of Canada—Youth Suicide Prevention

## Youth Suicide Action Team "Daughter-Spirit"

Early in 2007 the Native Women's Association of Canada began youth focus groups on suicide prevention as a way of researching around suicide and its effect on young Aboriginal girls. Through these focus groups NWAC is finding that youth feel disconnected from their communities, cultures and even themselves. The youth feel a lack of support in their communities, leading to depression, isolation, desperation and hopelessness. Many of the youth interviewed feel that by being able to take part in their futures and getting the support they need in all areas of health—physical, mental, emotional and spiritual—they can succeed and see suicide rates diminish.

As a result of these discussions NWAC is continuing its work with National Aboriginal Youth Suicide Prevention Strategy (NAYSPS) in coordination with First Nations and Inuit Health Branch (FNIHB) and is developing a youth specific suicide prevention pilot community development project by the end of 2007/08 fiscal year. This project would be based on the findings provided in the regional focus

groups and enable the pilot community to move towards FNIHB's larger Mental Health Promotion strategy through capacity building, team training and the creation of 3 Mental Health Promotion activity models driven by youth. Through partnerships with PTMAs and Youth Council, NWAC will be able to act as mentors in capacity building and community development. The pilot community development project in one of the Youth Council regions will meet the requirements as outlined in the NAYSPS framework representing primary prevention and some knowledge development.

NWAC will facilitate from the national level by overseeing and attending meetings with the "Youth Action Team" created in the region of one of our Youth Council members. This Youth Action Team will work throughout the fiscal year to strategize around 3 possible Mental Health Promotion activity models they could conduct in their community. These Mental Health Promotion activity models would be tailored to specifically meet the needs of female Aboriginal youth and be created by female Aboriginal youth. NWAC will aid this group in obtaining suicide prevention training and applying for Mental Health Promotion funding which will in turn increase capacity in their community.

For more information please contact the Youth Suicide Prevention Project Coordinator, Heather Raymond at 613-722-3033 ext. 247. Their website is <http://www.nwac-hq.org>

## For More Information on Suicide/Depression

Addictions Foundation of Manitoba  
Library, PH: (204) 944-6367 or e-mail  
[library@afm.mb.ca](mailto:library@afm.mb.ca)

Mental Health Education Resource  
Centre of Manitoba (MHERC), PH:  
(204) 772-4917, Toll Free: 1-866-  
997-9918, [www.mherc.mb.ca](http://www.mherc.mb.ca)

ASIST: Applied Suicide Intervention  
Skills Training, [www.livingworks.net](http://www.livingworks.net)  
or for a local registered trainer call  
Sam Anderson, R.C.M.P. at  
204-984-3295.

SPEAK: Suicide Prevention Education  
Awareness Knowledge  
PH: (204) 831-3610 and  
[www.speak-out.ca](http://www.speak-out.ca)

Canadian Mental Health Association:  
[www.cmhamanitoba.mb.ca](http://www.cmhamanitoba.mb.ca)

Manitoba Division: (204) 953-2350  
Winnipeg Region: (204) 982-6100

Health Sciences Centre, Winnipeg  
Emergency Department  
Psychhealth—Crisis—  
(204) 787-3167

Child and Adolescent Mental Health  
Program (204) 237-2690.

Manitoba Adolescent Treatment  
Centre, Winnipeg,  
(204) 477-6391

Children's Clubhouse  
1-800-665-0570

MacDonald Youth Services  
(204) 949-4777

## 24-Hour Crisis Lines – Youth Suicide Prevention

Service	Phone
Klinic Crisis Line	(204) 786-8686 or 1-888-322-3019
Provincial Suicide Line	1-877-435-7170
Suicide Intervention Hotline	1-866-213-2213
Teen Touch Crisis Line	(204) 783-1116 or 1-800-563-8336
Kids Help Phone (National Line available to Manitoba Youth)	1-800-668-6868
Crisis Stabilization Unit (Winnipeg)	(204) 940-3633
Mobile Crisis Unit (Brandon)	1-888-379-7699 or (204) 725-4411
Mobile Crisis Unit (Winnipeg)	(204) 946-9109
Mental Health Crisis Service (Portage la Prairie)	1-888-310-4593
Sara Riel Crisis Stabilization Unit	(204) 233-2756

## Youth Emergency Crisis Stabilization System (YECSS)

### Target Group:

- Children or youth at risk for suicide
- Children who put their lives at risk
- Children who are an obvious life threat to self and others
- Chronic substance abuse combined with chronic running posing a health threat
- Children at risk for involuntary displacement from home
- Children experiencing mental health or psychosocial stressors.

### Objectives:

- To support children in crisis at home
- To limit institutionalization
- To offer a range of quick, accessible services to children and families in crisis
- To promote systems cooperation and resource planning
- To support the preservation of healthy families and communities
- Early identification of mental health concerns.

YECSS is an intersectoral, inter-agency service sponsored by MB Family Services, MB Health and MB Education & Training.

**To access YECSS for services, please call (204) 949-4777 or toll free at: 1-888-383-2776.**

## Additional Suicide Prevention Resources

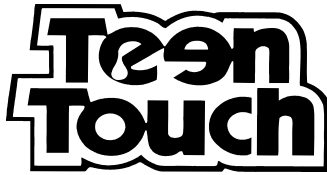


### Centre for Suicide Prevention

The Centre for Suicide Prevention is a non-profit organization serving thousands of people across Canada and around the world. For further information contact:

Centre for Suicide Prevention  
Suite 320, 1202 Centre Street S.E.  
Calgary, AB T2G 5A5

## Online Survey

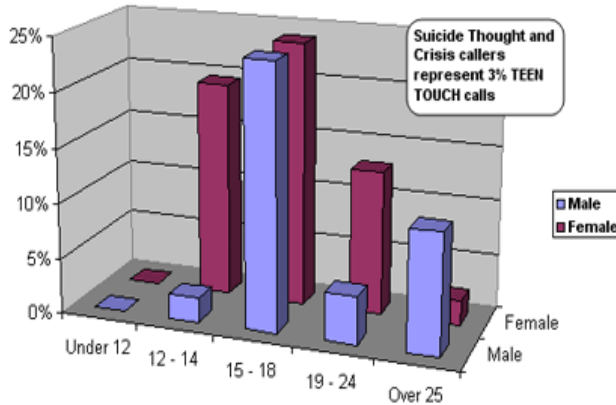


## Honouring Their Spirits

We take this moment to honour and remember the young people who felt that the only end to their pain was by taking their own life.

A Voice silenced—A Light extinguished!  
Shame on Us.

Suicide Thought and Crisis Calls by Age and Gender



	Under 12	12 - 14	15 - 18	19 - 24	Over 25
Male	0%	2%	24%	4%	11%
Female	0%	20%	24%	13%	2%

## Congratulations!

Sergeant Brett Summers is this years recipient of the PACCA 2007 Ian Logan Memorial Award for his commitment and contributions to the field of child abuse prevention. Sergeant Summers will receive his award on December 6, 2007 at The Fort Garry Hotel.

Congratulations Brett!



### Youth Suicide Statistics by Age and Gender For Year 2006

Age Group	Sex		Totals
	Male	Female	
8-11	0	0	0
12-14	1	7	8
15-17	4	2	6
<b>Totals</b>	<b>5</b>	<b>9</b>	<b>14</b>

Compiled by Office of the Chief Medical Examiner  
May 2007

### Youth Suicide Statistics by Age and Gender 1999 - 2006

Age Group	Sex		Totals
	Male	Female	
8-11	4	3	7
12-14	17	22	39
15-17	52	31	83
<b>Totals</b>	<b>73</b>	<b>56</b>	<b>129</b>

Compiled by Office of the Chief Medical Examiner  
February 2006

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