

Prevention of Suicide in Older Adults

A Guide for Helpers



 **Klinik** COMMUNITY
HEALTH

Aging has its ups and downs.

For some people, aging is a blessing. For others, the changes in getting older and the transitions that occur in later life can be stressful. From health problems to losing loved ones or independence, these kinds of experiences can be difficult and painful. They may lead to feelings of hopelessness. In some cases, having many stresses at once can lead to thoughts of suicide.

Do you know of an older adult who is feeling sad or hopeless? Losing their concentration? Pulling away from people in their life? The good news is that with the right help, they can find hope again.

Worried about an older adult you know?

PROVIDE SUPPORT

Reach out if someone you know is struggling. Support your loved one in finding the help they need.

What can you do? Talk to them. Listen and express concern. Let them know you care.

Reassure them that they are not alone. Ask direct but gentle questions about their well being. Get advice from health experts, if needed. Ask if they are having thoughts of suicide.



Watch for WARNING SIGNS

Learn to identify someone at risk of suicide. Take these warning signs seriously.

Someone at risk of suicide might:

- Be sad or depressed, and have trouble sleeping and eating.
- Be isolated and withdrawn, or may be avoiding friends, family, or social supports.
- Feel hopeless, helpless, anxious or worthless.
- Lose interest in things they care about.
- Have lost independence, or feel like a burden to others.
- See no reason for living, or lose their sense of purpose in life.
- Switch suddenly from deep sadness to calmness or happiness.
- Feel trapped or feel like there is no way out of a situation.
- Be overwhelmed and unable to cope.
- Have experienced trauma, or have tried suicide before.

We are here to help 24 hours a day

1-877-435-7170

MANITOBA SUICIDE PREVENTION & SUPPORT LINE

reason to *live*.ca

If someone you know shows warning signs, seek emergency or medical help NOW.

Actions a suicidal person might take include:

- Talking about death or about wanting to die by suicide / saying things like “it would be better if I weren’t here” or “soon I will see (someone who has died) again.”
- Showing an interest in danger or behaving dangerously.
- Out of character risk-taking behaviour, like drinking too much alcohol or carelessly spending money.

Warning signs might be coupled with otherwise normal acts such as:

- Preparing for a long yet unplanned trip (pre-paying bills, cancelling the newspaper or telephone service).
- Suddenly putting affairs in order without reason (examples: writing or changing a will; giving away prized possessions; giving away or putting down pets; throwing out photographs, letters or important documents; writing a “goodbye letter”; buying life insurance; making funeral arrangements).

If you are concerned about your loved one’s safety:

- Do not leave the person alone.
- Listen to them in a supportive and non-judgmental way.
- Talk about reasons for living and things that build hope.
- Get help (see resources on next page)

Provincial Resources

It is very important for anyone that may be thinking about suicide to find help. You can help direct them to find the right support:

EMERGENCY ROOM / 911

In an emergency, take the person at risk to the hospital or call 911.

MANITOBA SUICIDE PREVENTION & SUPPORT LINE

For anyone at risk of suicide, concerned about a loved one, or impacted by a suicide loss.

PHONE: 1-877-435-7170

WEBSITE: reasontolive.ca

Over-the-phone Interpreter Service is available, upon request.

FAMILY DOCTOR, PRIMARY CARE CLINIC, WALK-IN, OR URGENT CARE CLINIC

Accompany the person at risk to their family doctor, primary care clinic, walk-in clinic, or urgent care clinic if they are feeling depressed or thinking about suicide.



First Nations and Inuit Hope for Wellness Help Line

PHONE: 1-855-242-3310

*Counselling available in English, French as well
as Cree, Ojibway, and Inuktitut upon request.*

Age & Opportunity: Support Services for Older Adults

PHONE: 204-956-6440

TOLL FREE: 1-888-333-3121

EMAIL: info@ageopportunity.mb.ca

WEBSITE: ageopportunity.mb.ca

Health Links

Province wide phone resource
with a physical health focus.

PHONE: 1-888-315-9257

Additional Resources

Community Agencies

There are a number of community agencies that provide support services in Winnipeg, rural and northern Manitoba. More information on these agencies can be found at:

MENTAL HEALTH RESOURCE GUIDE FOR MENTAL HEALTH AND ADDICTIONS SUPPORT

WEBSITE: winnipeg.cmha.ca

Seniors Programs and Services

For information about seniors programs and services, contact the Seniors Information Line:

SENIORS AND HEALTHY AGING SECRETARIAT

PHONE: 204-945-2127

TOLL FREE: 1-800-665-6565

WEBSITE: gov.mb.ca/shas

EMAIL: seniors@gov.mb.ca

“The Manitoba Suicide Prevention & Support Line helped my loved one get through a very dark time. I called the Line to talk about my concerns and the counsellor offered to phone them. It probably saved their life.”

–Anonymous Caller



Winnipeg Resources

Urgent

Attend in person to the Crisis Response Centre at 817 Bannatyne Ave, Winnipeg, or call:

**WINNIPEG REGIONAL HEALTH AUTHORITY
ADULT MENTAL HEALTH MOBILE CRISIS SERVICES**

PHONE: 204-940-1781

Non-Urgent

**WINNIPEG REGIONAL HEALTH AUTHORITY
MENTAL HEALTH INTAKE (ADULT)**

PHONE: 204-788-8330

Southern Health-Santé Sud Resources

Urgent

24 HOUR MENTAL HEALTH CRISIS LINE

TOLL FREE: 1-888-617-7715

Non-Urgent

MENTAL HEALTH INTAKE

TOLL FREE: 1-888-310-4593

Additional Resources

Prairie Mountain Health Resources

Urgent

SOUTH DISTRICT ADULT 24 HOUR MENTAL HEALTH CRISIS LINE/MOBILE CRISIS SERVICE

PHONE: 1-888-379-7699

NORTH DISTRICT 24 HOUR MENTAL HEALTH CRISIS LINE

PHONE: 1-866-332-3030

Non-Urgent

SOUTH DISTRICT COMMUNITY MENTAL HEALTH INTAKE

PHONE: 1-855-222-6011

NORTH DISTRICT COMMUNITY MENTAL HEALTH INTAKE

DAUPHIN AND AREA

PHONE: 204-638-2118

SWAN RIVER AND AREA

PHONE: 204-734-6601

ROBLIN

PHONE: 204-937-2151

STE. ROSE DU LAC

PHONE: 204-447-4080



Interlake-Eastern Regional Health Authority Resources

Urgent

24 HOUR MENTAL HEALTH CRISIS LINE

TOLL FREE: 1-866-427-8628

Non-Urgent

MENTAL HEALTH INTAKE

TOLL FREE: 1-866-757-6205

Northern Regional Health Authority Resources

Urgent

Transport to the nearest Hospital
Emergency Department or Nursing Station

Non-Urgent

FLIN FLON COMMUNITY
MENTAL HEALTH INTAKE

PHONE: 204-687-1350

THE PAS COMMUNITY
MENTAL HEALTH INTAKE

PHONE: 204-623-9650

THOMPSON COMMUNITY
MENTAL HEALTH INTAKE

PHONE: 204-677-5358

Struggling with suicidal thoughts or feelings?

Concerned about a friend, family member or co-worker?

Impacted by a suicide loss?

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