

Thunder Bay
**Youth Suicide
Prevention**
TASK FORCE



www.HeresTheDeal.ca



Help Card

EMERGENCY HELP NUMBERS

If you or someone you know is feeling suicidal, get help Call 911
Crisis Response 346-8282
Kids Help Phone 1-800-668-6868
Get to the hospital or have someone you trust get you there.

COMMUNITY SUPPORT NUMBERS

Alpha Court 683-8200
Beendigen Women's Crisis Line .346-4357
Catholic Family Development Centre 345-7323
Centre des Femmes Francophones du Nord-Ouest de l'Ontario684-1955
Children's Aid Society 343-6100
Children's Centre
Thunder Bay 343-5000
Dilico Anishinabek Family Care 623-8511 or 1-800-465-3985
Matawa Crisis Response 628-3880
Ontario Native Women's Association 623 3442
Sister Margaret
Smith Centre 684-5100
Thunder Bay
Counselling Centre 684-1880
Thunder Bay Indian Friendship Centre 345-5840
Thunder Bay Sexual Assault/Sexual Abuse
Counselling & Crisis Centre344-4502
Victim Crisis Assistance & Referral 684-1051
Walk-In Counselling Clinic684-1880
. or 343-5000
24 hour live referral information . . Call 211

If you or someone you know:

- threatens suicide
- talks about wanting to die
- shows change in behaviour, appearance, mood
- abuses drugs, alcohol
- deliberately injures themselves
- appears depressed, sad, withdrawn

You can help:

- stay calm and listen
- let them talk about their feelings
- be accepting: do not judge
- ask if they have suicidal thoughts
- take threats seriously
- don't swear secrecy - tell someone

Get help. You can't do it alone.

Contact: Family, friends, relatives, clergy, teachers, counsellors, doctors, crisis lines, mental health services or hospital emergency departments.

Other information is available at:
www.HeresTheDeal.ca