



heretohelp

Mental health and substance use
information you can trust



Canadian Mental
Health Association
British Columbia
Mental health for all

what is suicide?

Part of the Plainer Language Series

www.heretohelp.bc.ca



Suicide means ending your own life. It is sometimes a way for people to escape pain or suffering. When someone ends their own life, we say that they “died by suicide.” A “suicide attempt” means that someone tried to end their life, but did not die.

Important! If you are worried about yourself or someone else, call 1-800-SUICIDE. It stands for 1-800-784-2433. **If you think that someone’s life is in danger, call 9-1-1.**

If you have thoughts of suicide

Thinking about suicide is scary. You may have strong feelings that are hard to deal with. You may feel like things will never be better, but you are not alone. Many people think about suicide. Thinking about suicide does not mean that you will do it. It does not mean that you are “going crazy.”

If you have thoughts of suicide, you can:

- Talk to your doctor or a counsellor
- Call a phone line like 1-800-SUICIDE
- Talk with a family member or friend

If you are worried about someone else

It is important to talk about suicide. Talking about suicide will not give a person ideas. You need to talk about it to find out how you can help.

If the person has a plan to end their life, call the crisis line at 1-800-784-2433. This is an emergency.

If it is not an emergency, you can still do a lot to help:

- Listen to the other person. Make sure they know that they can trust you and you are taking them seriously.
- Connect them to help. This could be a doctor or counsellor. It could be another person they trust. You can also help them call the phone line at 1-800-SUICIDE at any time of day. This phone line can also help in many different languages.



Where can I go from here?

This card is a short version of a longer resource. For more information and help, see www.heretohelp.bc.ca/factsheet/what-is-suicide