

*Life Is Too Short To Wake Up
In the Morning with Regrets,
So, Love the People Who Treat
You Right, and Forget the
Ones Who Don't
And Believe Everything
Happens For A Reason
If You Get a Chance- Take It;
If It Changes Your Life-Let It.
Nobody Said It Would Be Easy*

...
*They Just Promised It
Would Be Worth It...*

*Stay Strong Now
Because Things Will Be Better
It Maybe Stormy Now
But It Won't Rain Forever*

*Happiness can be Found Even
in the Darkest of Times
If one only remembers To Turn
on the Light*

Mental Health Support

24hr Crisis Line for Simcoe County
(705)728-5044

Kids Help Phone
1 (800) -668-6868

New Path Youth & Family Services of
Simcoe
(705) 725-7656

Mental Health Hotline
1(866)- 531-2600

RVH Mental Health Support
(705)728-9802

Barrie Family & Friends Mental Health
Support Group
(705)-725-0363

Telecare Orillia (Distress Line)
(705)726-7922



Simcoe County Suicide Awareness Council

Mental Health & Suicide
Prevention, Education &
Awareness

Created By:

**Michelle Carnahan &
Haily Coates**

*Social Service Worker Students
Community Projects Initiative
Georgian College Orillia*

Warning Signs

Signs and symptoms of depression

- Sadness or hopelessness
- Irritability, anger, or hostility
- Tearfulness or frequent crying
- Withdrawal from friends and family
- Loss of interest in activities
- Changes in eating and sleeping habits
- Restlessness and agitation
- Feelings of worthlessness and guilt
- Lack of enthusiasm and motivation
- Fatigue or lack of energy
- Difficulty concentrating
- Thoughts of death or suicide

Signs of Suicide

- Talking or joking about committing suicide.
- Saying things like, "I'd be better off dead," "I wish I could disappear forever," or "There's no way out."
- Speaking positively about death or romanticizing dying ("If I died, people might love me more").
- Writing stories and poems about death, dying, or suicide.
- Engaging in reckless behavior or having a lot of accidents resulting in injury.
- Giving away prized possessions.
- Saying goodbye to friends and family as if for good.



A suicidal person may not ask for help, but that doesn't mean that help isn't wanted. Most people who commit suicide don't want to die—they just want to stop hurting.

Ways to start a conversation about suicide:

- I have been feeling concerned about you lately.
- Recently, I have noticed some differences in you and wondered how you are doing.
- I wanted to check in with you because you haven't seemed yourself lately.

What you can say that helps:

- You are not alone in this. I'm here for you.
- You may not believe it now, but the way you're feeling will change.
- I may not be able to understand exactly how you feel, but I care about you and want to help.
- When you want to give up, tell yourself you will hold off for just one more day, hour, minute — whatever you can manage.



The **Simcoe County Suicide Awareness Council** began with a group of survivors, service providers, and passionate community members. Our goal is to support suicide survivors, and reduce the tragedy of suicide through education and awareness.

See what you can do to help!

CONTACT INFORMATION

www.starttalking.ca/suicideawareness

www.scsac.info

*Bring Suicide out of the
Darkness & into the Light.
Let's Talk About It!*