

Suicide Prevention

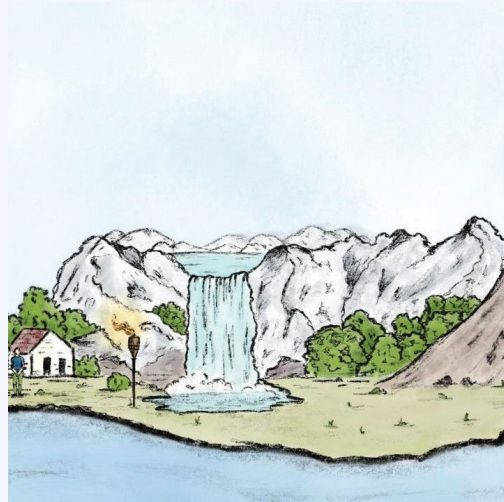
Understanding factors that may contribute to suicidal ideation

Name

Health Promotion Specialist

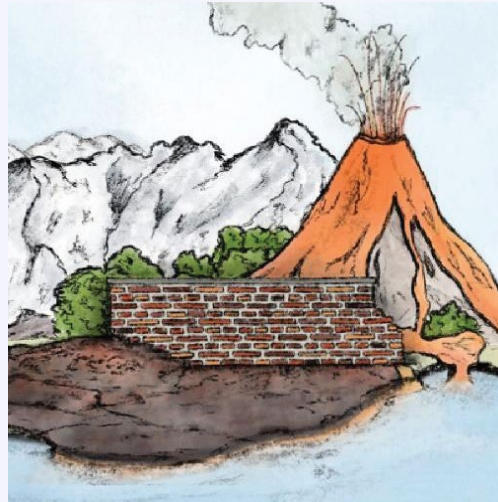


Presentation Outline



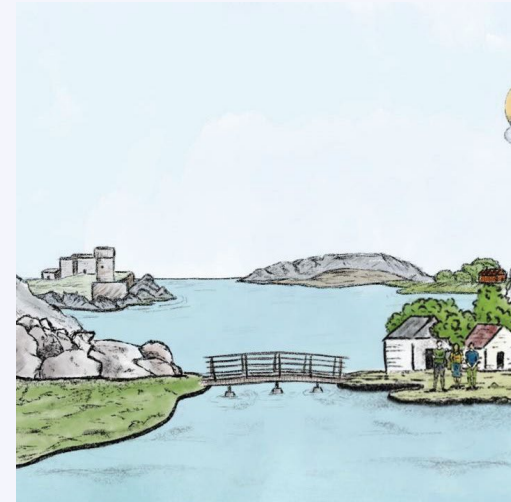
1.

**The Island
and Its Story**



2.

**The Erupting
Volcano**



3.

**Building
Bridges to
Hope**





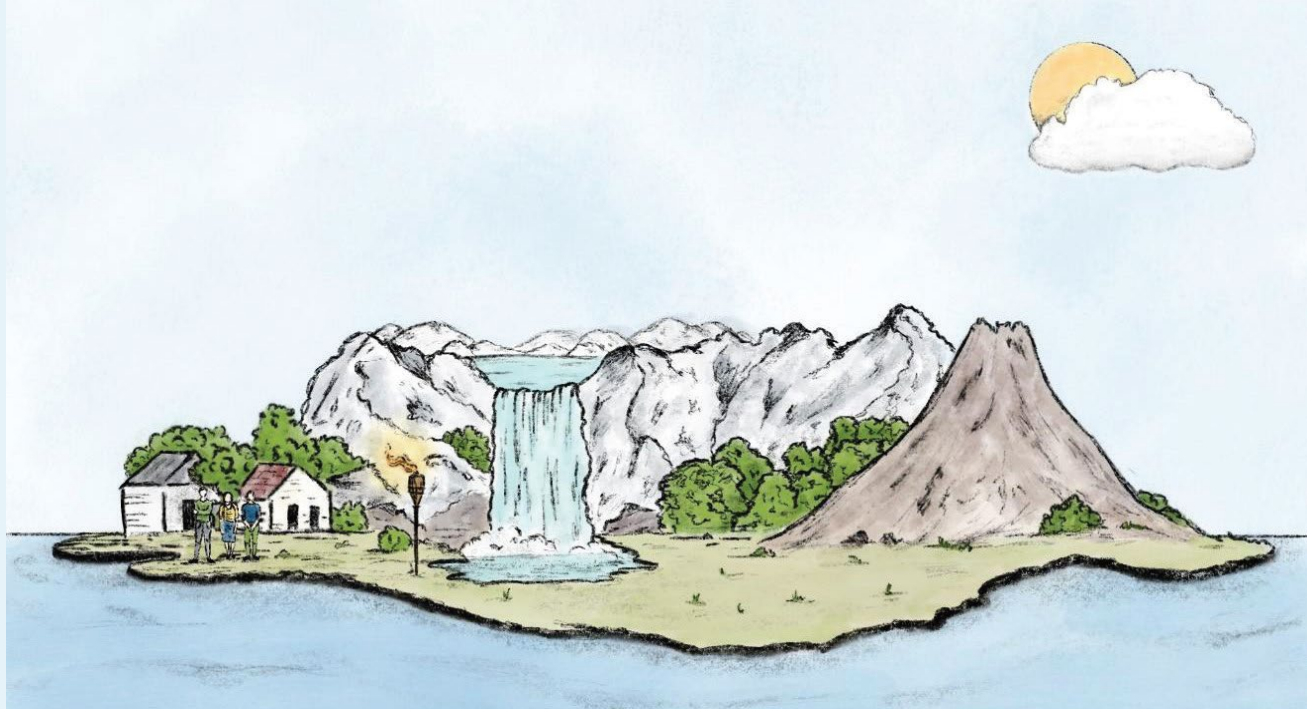
Setting the Context

Suicide is a complex and multifactorial phenomenon.

It often results from an accumulation of difficulties, vulnerability factors, and critical life events that progressively increase a person's suffering.

To better understand this reality, we will use the island and volcano metaphor to explore the individual's lived experience, their ambivalence, and ways to foster hope.



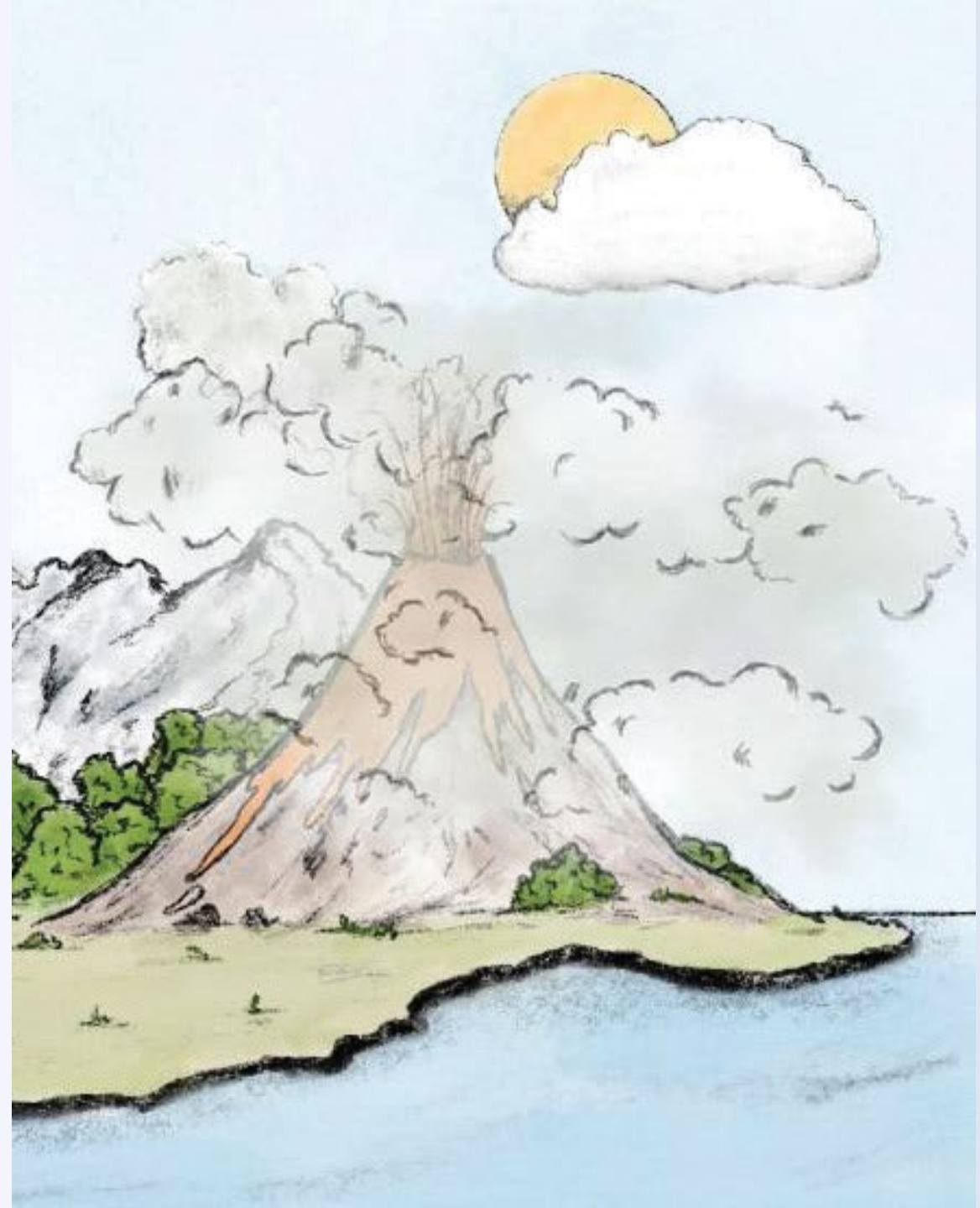


1.The Island and Its Story



What Fuels the Volcano?

- Critical life events
- Psychological distress
- Hopelessness
- Mental health challenges
- Substance use and addiction-related issues, among others.





Critical Life Events

A critical life event is an event or an accumulation of stressors that exceeds a person's ability to cope.

This overload can lead to significant psychological distress and may contribute to the emergence or intensification of suicidal thoughts.

Significant
losses

Violence
and
traumatic
experiences

Disciplinary
issues

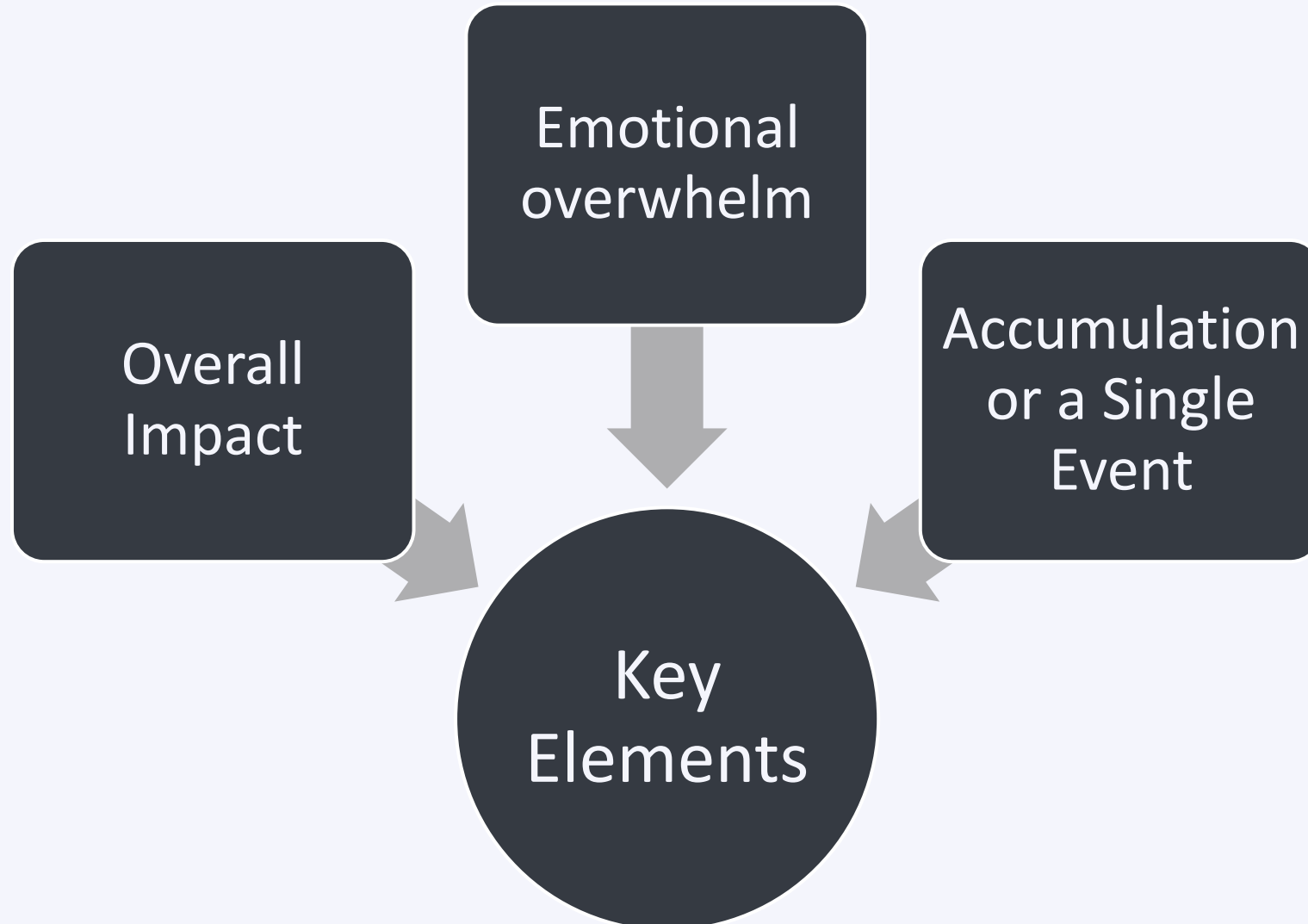
Relationship
challenges

Physical or
mental
health
challenges

Substance
use issues

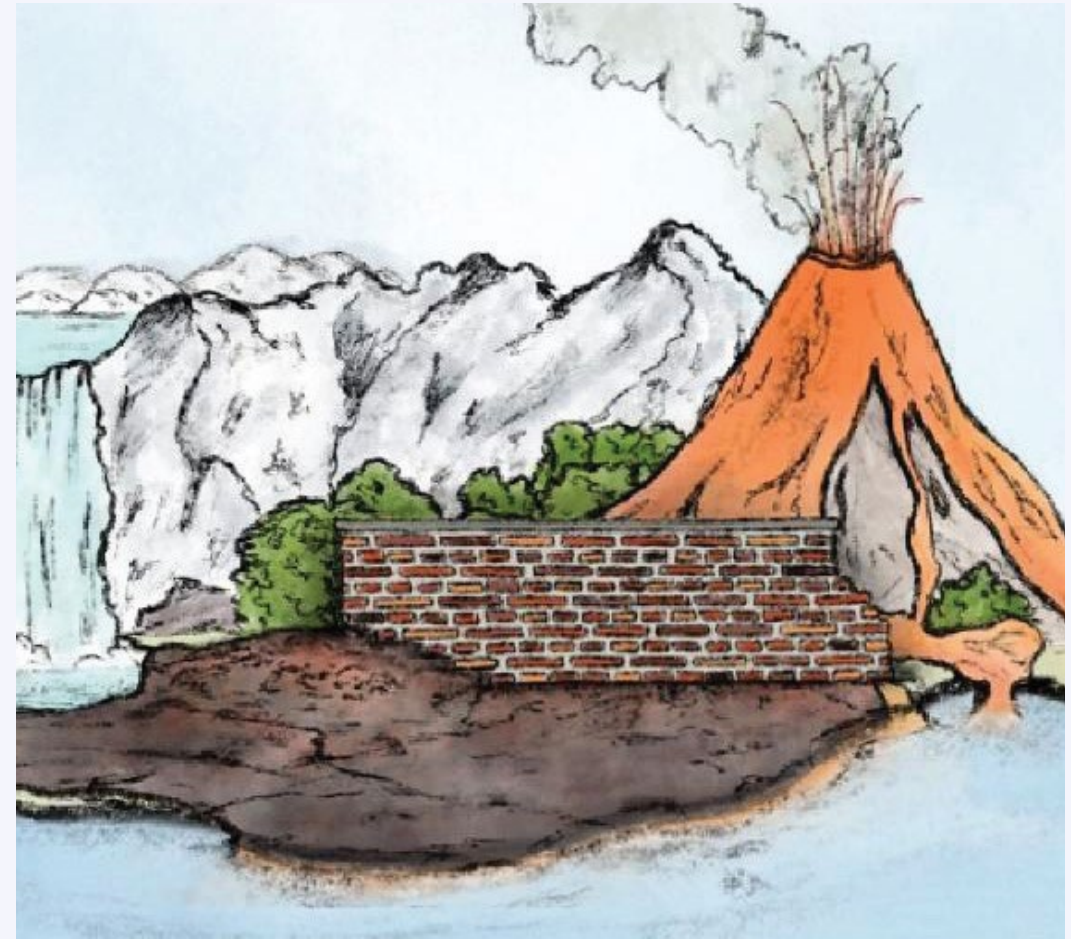


Critical Life Events



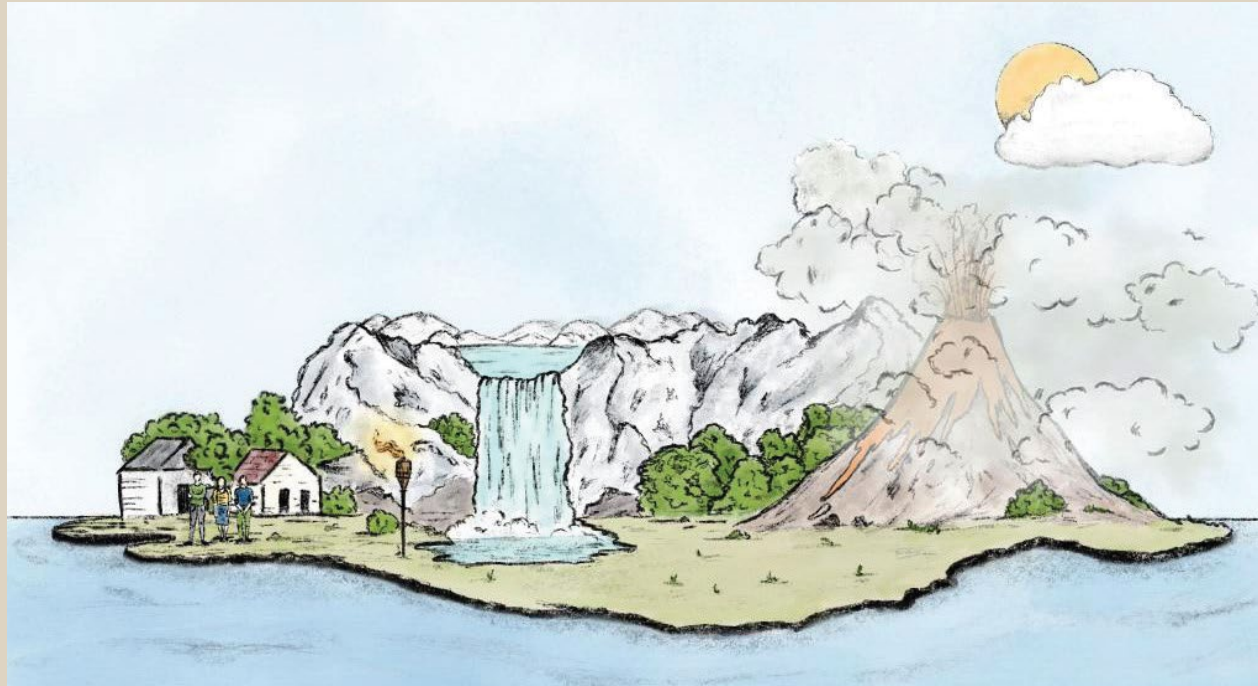
The Island and Its Story

- The lava flows represent the hardships, losses, and suffering the person has experienced.
- The dikes represent the strategies and protective measures used to safeguard the island and limit the damage.
- They illustrate that the person already possesses strengths and resources they can draw upon.



Past Eruptions:

Suffering and Resilience



2. The Erupting Volcano



What Fuels the Volcano?

Psychological Distress

An accumulation of problems and difficulties can lead to psychological distress. This is a temporary state of imbalance that may occur in response to stressful events.

Behavioural changes that may indicate psychological distress include:





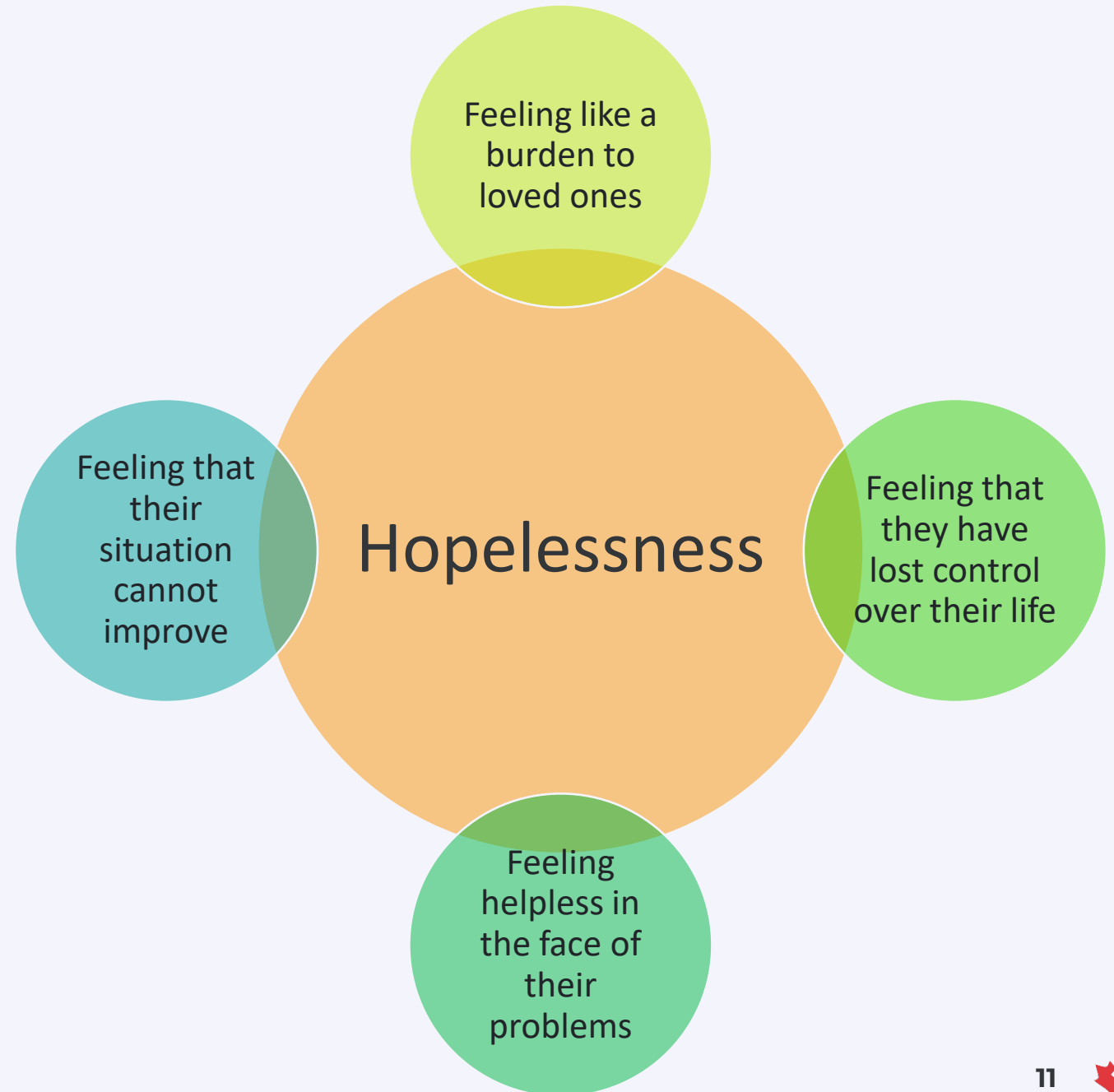
What Fuels the Volcano?

- Nervousness or agitation
- Withdrawing from others or isolating oneself
- Anger or irritability
- Persistent sadness
- Neglect of personal hygiene
- Loss of interest in previously enjoyed activities
- Difficulty sleeping

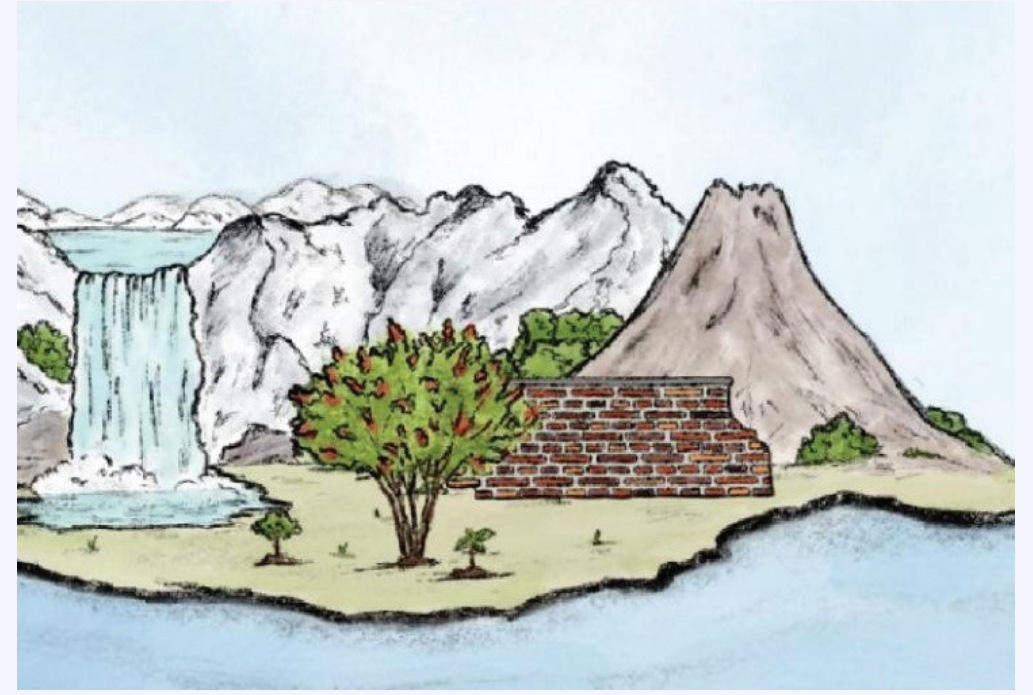
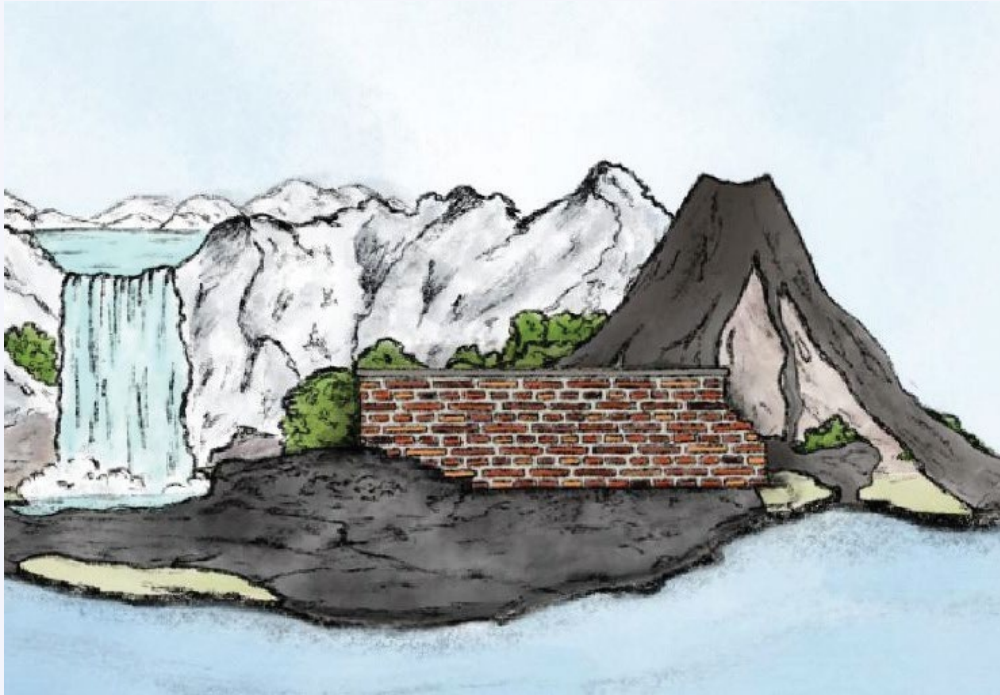
When this temporary state of imbalance persists over time, it can intensify feelings of hopelessness.



What is Hopelessness?



Ambivalence



Why Pay Attention to Signs of Distress and Hopelessness?

Experiencing psychological distress or hopelessness can be extremely painful. When suffering becomes too intense and overwhelming, it can lead to the development of suicidal thoughts.





3. Building Bridges to Hope

What Signs May Indicate That a Person Is Thinking About Suicide?

Em otional Indicators	Behavioral Indicators	Cognitive Indicators	Direct and Indirect Verbal Messages
• Sym ptom s of depression • Irritability • Mood changes • Expressions of anger • Anxiety • Distorted beliefs (e.g., believing others intend to cause harm despite evidence to the contrary)	• Changes in behaviour • Giving away possessions • Writing a suicide note • Sudden interest in suicide or methods of suicide • Social withdrawal and isolation • Sudden calmness or renewed enthusiasm following a period of distress • Neglected appearance or personal hygiene	• Difficulty concentrating • Sudden confusion or incoherent speech • Rumination on problems and difficulties • Lack of motivation • Memory difficulties	Direct • “I want to kill myself.” • “I’m going to end my life.” • “I don’t want to live anym ore.” Indirect • “Life isn’t worth living.” • “I’ll never get through this.” • “You’d be better off without me.” • “Soon you’ll have some peace.” • “I’m going to get out of everyone’s way.”



What Should You Do if Someone Shows Signs of Distress or Hopelessness?

It is important to act quickly to prevent the situation from deteriorating.

The only way to know whether a person is experiencing suicidal thoughts is to ask them directly.



Keep in mind that if you need help dealing with the situation, [you can contact a suicide.ca counsellor](https://suicide.ca) at any time.



Asking the Question

- Ask the question directly and in the present tense.
- By asking directly, you are not planting the idea of suicide in the person's mind.
- If the person is thinking about suicide, they may feel relieved to be able to talk about it openly.

Examples of Direct Questions You Can Ask

- Are you thinking about suicide?
- Are you considering taking your own life?
- Do you intend to kill yourself?
- Are you having thoughts of suicide?



Support Resources

Need help? 24/7

1 866 277-3553

Chat
Informations
Tools

suicide.ca

Suicide prevention centers

Text: 53 53 53

DareToTalkAboutSuicide.com

9-8-8 Suicide Crisis Helpline

Help when you need it.

Call or text, 24/7

 **9-8-8** 

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CAF Support Resources

CRFM
Région de Montréal



MFRC
Montreal Region

Military Family Resource Center

Saint-Hubert: 1 450-462-8777 (663-6810)

Saint-Jean : 1 450-358-7099 (668-7955)

Assistance Program



Gouvernement
du Canada



CFMAP

1-800-268-7708

EAP (DND Civilian Employees)

1-800-663-1142



Regional HQ Chaplaincy Services:

St-Jean : 450-358-7099 (668-7420)

Montréal: 514-252-2777 (633-4532)

National: 1-866-502-2203



Contact your unit for
more information.



CAF Health Services Centre

St-Jean : 450-358-7099 (668-7680)

Montréal: 514-252-2777 (633-4951)



34 CBG Help Line

Reserve Force
Personnel

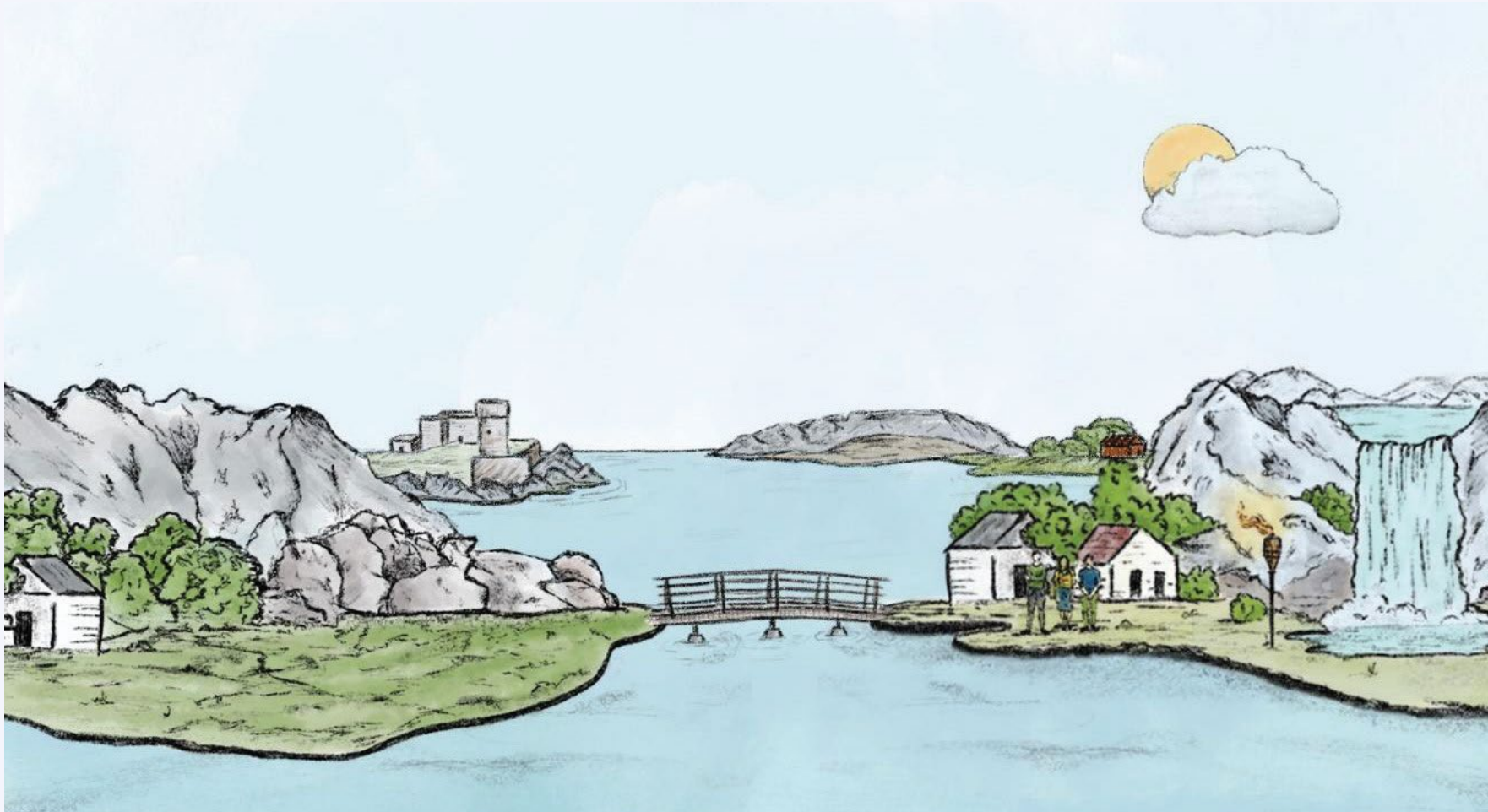
514-206-3596



7-911



Building Bridges to Hope



Questions?

Summary

- Suicide is complex and multifactorial.
- Psychological distress and hopelessness can obscure what gives life meaning.
- People experiencing suicidal thoughts often feel ambivalent.
- Recognizing signs and asking the question directly can make a difference.
- Hope can be strengthened through connection and support.

