



Suicide Awareness

Virtually Facilitated In-Service Training

Course Description

As a caregiver you may be the first person to notice that a child/youth in your care is at risk of suicide. We want you to understand the roles you and skilled professionals play in suicide awareness. We want you to be comfortable talking to children/youth about suicide. In this workshop, you will:

- Explore the roles of case team members related to suicide risk.
- Develop skills for talking with children/youth about suicide.
- Develop skills for supporting people impacted by suicide.

Learning Objectives

At the end of this module, you will be able to:

- Explain the caregiver role in suicide and suicide prevention.
- Explore your own discomfort and fears about suicide.
- Create a safe space to discuss suicide.
- Describe warning signs that a child/youth is at risk for suicide.
- Meet the expectations of your role in the ASKC process.
- Support a child/youth who is at risk for suicide.
- Support a child/youth who is affected by suicide.
- Follow processes for responding to suicide and suicide risk.
- Identify resources for building hope.

Guided Discussion Questions

1. How often do you practice asking, “Are you thinking about killing yourself?”, so that you are ready if you need to ask this question to a child/youth?
2. What would you do if a child/youth told you that they were having thoughts of suicide?

Resources

Resource one: Children and Family Services Intervention Crisis Unit
1-800-638-0715 (province-wide)

Resource two: Calgary
Distress Centre Calgary
Serving Calgary and surrounding areas
Suite 300 1010-8 Avenue Calgary AB T2P 1J2
Crisis 24 hours: 403-266-4357 (HELP)
ConnecTeen 24 hours: 403-264-TEEN (Teen chat support: www.calgaryconnecteen.com)
Business: 403-266-1601
Email: info@distresscentre.com

Resource three: Cold Lake

Doctor Margaret Savage Crisis Centre
Cold Lake AB T9M 1P1
Crisis 24 hours: 1-866-594-0533
Crisis 24 hours: 780-594-3353
Business: 780-594-5095
Email: crisis@telusplanet.net

Resource four: Edmonton

Crisis Support Centre, a program of the Support Network
Serving Edmonton and Northern Alberta
800-10010 105 Street Edmonton AB T5J 1C4
Crisis 24 hours: 1-800-232-7288
Crisis 24 hours: 780-482-4357 (HELP)
Business: 780-414-6300
Email: main@cmha-edmonton.ab.ca

Resource five: Fort McMurray

Some Other Solutions Society for Crisis Prevention
Serving Fort McMurray and Northeastern Alberta
9908 Manning Avenue, Fort McMurray AB T9H 2B9
Crisis 24 hours: 1-800-565-3801
Crisis 24 hours: 780-743-4357 (HELP)
Business: 780-743-8605
Email: director@someothersolutions.ca

Resource six: Lethbridge

Distress Line of Southwestern Alberta (Canadian Mental Health Association)
Serving Chinook Health Region and south part of Calgary
426-6 Street South Lethbridge AB 1-888-787-2880
Crisis 24 hours: 1-800-565-3801
Crisis 24 hours: 403-327-7905
Business: 403-329-4775

Resource seven: St Paul & District Crisis Centre

Serving all Alberta and Northeastern Saskatchewan
Box 1237, St. Paul AB T0A 3A0
Crisis 24 hours: 1-800-263-3045
Crisis 24 hours: 780-645-5195
Business: 780-645-5132
Email: crisis84@mcsnet.ca

Resource eight: National

Kids Help Phone
Kids Help Phone is Canada's only national 24-hour, bilingual and anonymous phone counselling, web counselling and referral service for children and youth.
Crisis 24 hours: 1-800-668-6868
Website: www.kidshelpphone.ca