



Suicide Awareness

In-Service Training

Course Description

A caregiver may be the first person to observe cues or clues that a child/youth in care is at risk of suicide. It is important caregivers are aware of their role and the role of others on the casework team in addressing the risk of suicide. Caregivers need to be comfortable talking to children/youth about suicide. In this workshop, we explore the roles and responsibilities of the members in the caregiving team in preventing and responding to children/youth at risk of suicide. Caregivers will develop skills for talking with children/youth in their care about suicide and for supporting those impacted by suicide.

Learning Objectives

- 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 Key Messages

Guided Discussion Questions

1. Take some time to practice asking, “Are you thinking about killing yourself?”, so that you are ready if you need to ask this question to a child/youth. How does practicing this question make you feel? What support do you need to increase your comfort discussing suicide with others?
2. What would you do if a child/youth told you that they were having thoughts of suicide?

Resources

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

Resource two: 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

Resource three: Child Advocacy Centres <https://www.albertacacs.ca/>

Resource four: National Child's Alliance [Homepage - National Children's Alliance](http://www.nationalchildrensalliance.ca/)