

Certain Factors in an individual's life are thought to provide some protection from suicide and suicidal behaviors:

**Protective Factors:** Family unit, good relationship with other youth and adults, stable environment, social acceptance and opportunities to participate in activities, responsibilities for other people or pets, Connection to a religious community, sense of belonging, sociability, i.e., ability to be a friend, love of learning, sense of worth and self-confidence, self-motivation, help-seeking and advice-seeking behaviour, life skills, e.g., good decision-making, assertiveness, impulse control, coping skills, flexibility and perseverance.

**Warning signs:** Talking about suicide or a plan for suicide, making statements about hopelessness, helplessness or worthlessness, complaining of being a bad person, not accepting praise or rewards, giving away possessions, preoccupation with death, loss of interest in things they cared about, withdrawn and other personality changes, changes in eating and sleeping habits, showing impulsive behavior

All suicidal thoughts or threats should be taken seriously.

**Getting Help for Yourself or a Friend:** First, acknowledge that you or your friend may have a problem that cannot be solved alone, do not place any blame on yourself or your friend, do not tell your friend or ask others to keep suicidal thoughts a secret, if you do not know where to get the help that would benefit you or your friend- ASK. Believe that recovery is possible.

**If someone you know:**

- threatens suicide
- talks about wanting to die
- shows changes in behaviour, appearance, or mood
- abuses drugs and/or alcohol
- deliberately injures themselves
- appears depressed, sad, withdrawn...

**You can help!**

- stay calm and listen
- let the person talk about their feelings
- be accepting- do not judge
- ask if the person is having suicidal thoughts
- take all threats of suicide seriously
- do not swear secrecy- tell someone Get help- you can't do it alone.

**Contact your:**

- family, friends, relatives
- teachers, counsellors
- family doctor
- local or national crisis lines
- mental health services
- hospital emergency department

(Information provided by the Centre for Suicide Prevention, Copyright 2012 ©)

Lanark County Resources

Distress Centre – Lanark Leeds and Grenville– At a distress centre you can find a listening ear for lonely, depressed, and/or suicidal people, usually 24 hours a day, 7 days a week. Many centres also have Suicide Survivor programs, support services for youth, telephone call out programs for seniors and vulnerable people, mental health Crisis Lines services and much more.

1-800-465-4442

Kids Help Phone– free, anonymous and confidential phone and on-line professional counseling service for youth.

[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

1-800-668-6868

211 – helps people find the right community and social services. Free. Confidential. Live answer 24/7.

[www.211ontario.ca](http://www.211ontario.ca)

call 211

Open Doors for Lanark Children and Youth – community-based, accredited mental health agency for children and youth, 0-18 years of age and their families who are having difficulties in their lives.

[www.opendoors.ca](http://www.opendoors.ca)

Carleton Place office 613-257-8260

Smiths Falls office 613-283-8260

Toll free 1-877-232-8260

Lanark County Mental Health– community based mental health service responding to Lanark County adults and transitional aged youth (17 years and over) who experience mental health concerns such as suicidal thoughts, trauma, anxiety, depression or symptoms of psychosis.

[www.lanarkmentalhealth.com](http://www.lanarkmentalhealth.com)

Carleton Place office 613-257-5915

Smiths Falls office 613-283-2170

Parents' Lifelines of Eastern Ontario (PLEO) – a non-profit, volunteer driven family support organization for families whose children, youth or young adults up to age 24 are dealing with mental health issues.

[www.pleo.on.ca](http://www.pleo.on.ca)

1-855-775-7005

The Mental Health Helpline– provides information about mental health services in Ontario. We are funded by the Government of Ontario. Our service is live answer 24/7, confidential and free.

[www.mentalhealthhelpline.ca](http://www.mentalhealthhelpline.ca)

1-866-531-2600

Drug and Alcohol Helpline – provides information about drug and alcohol addiction services in Ontario. We are funded by the Government of Ontario. Our service is live answer 24/7, confidential and free.

[www.drugandalcoholhelpline.ca](http://www.drugandalcoholhelpline.ca)

1-800-565-8603

Lesbian, Gay Bi, Trans Youth line – confidential and non-judgmental peer support and referral services.

[www.youthline.ca](http://www.youthline.ca)

1-800-268-9688

TYPS- Take Young People Seriously(Almonte) 256-8485

Carleton Place & District Youth Centre (Carleton Place) – (613) 257-8901

Lanark Highlands Community Youth Centre (Lanark) – (613)259-3320

Youth Action Committee YAK (Perth) – (613) 264-8381

Smiths Falls & District Club for Youth (Smiths Falls) – (613) 284-1784

Smiths Falls 613-283-8260

◆ Perth 613-264-1415

◆ Carleton Place 613-257-8260

TYPS- Take Young People Seriously (Almonte) 256-8485

65 Mill St, Almonte, ON K0A 1A0

[typs.executivedirectot@gmail.com](mailto:typs.executivedirectot@gmail.com)

This is their facebook-- I couldn't find a general email address

<https://www.facebook.com/TYPS-Almonte-481602685190926/>

Carleton Place & District Youth Centre (Carleton Place) – (613) 257-8901  
360 Edmund St, Carleton Place, ON K7C 2C5  
cpCOREyouthservices@gmail.com

Lanark Highlands Community Youth Centre (Lanark) – (613)259-3320  
61 Princess St, Lanark, ON K0G 1K0  
[lhyci@storm.ca](mailto:lhyci@storm.ca)

Youth Action Committee YAK (Perth) – (613) 264-8381  
1 Sherbrooke St E, Perth, ON K7H 1A1  
[yak youthcentre@gmail.com](mailto:yak youthcentre@gmail.com)

Smiths Falls & District Club for Youth (Smiths Falls) – (613) 284-1784  
41 Main Street West, Smiths Falls, ON, K7A 1M7  
[sfdcy@smithsfalls.ca](mailto:sfdcy@smithsfalls.ca)

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Lanark County Mental Health

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Smiths Falls: 613-283-2170

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