

SUICIDE PREVENTION – THE REACH OUT WORKSHOP



What: Half a day Suicide Prevention workshop aiming to provide guidelines and tools on how to:

- **Recognize** signs of distress;
- **Ask** about suicide with more ease;
- **Listen** using helpful attitudes;
- **Refer** to services and resources.

Goal: Help population and organizations to feel better equipped to take part into suicide prevention effort in the region.

For who : Individuals, organizations, teachers, parents, natural helpers, police officers etc.

By who: Suicide Prevention Liaison Workers.

GET THE REACH OUT WORKSHOP TO YOUR COMMUNITY!

Email us at

training.pp@ssss.gouv.qc.ca

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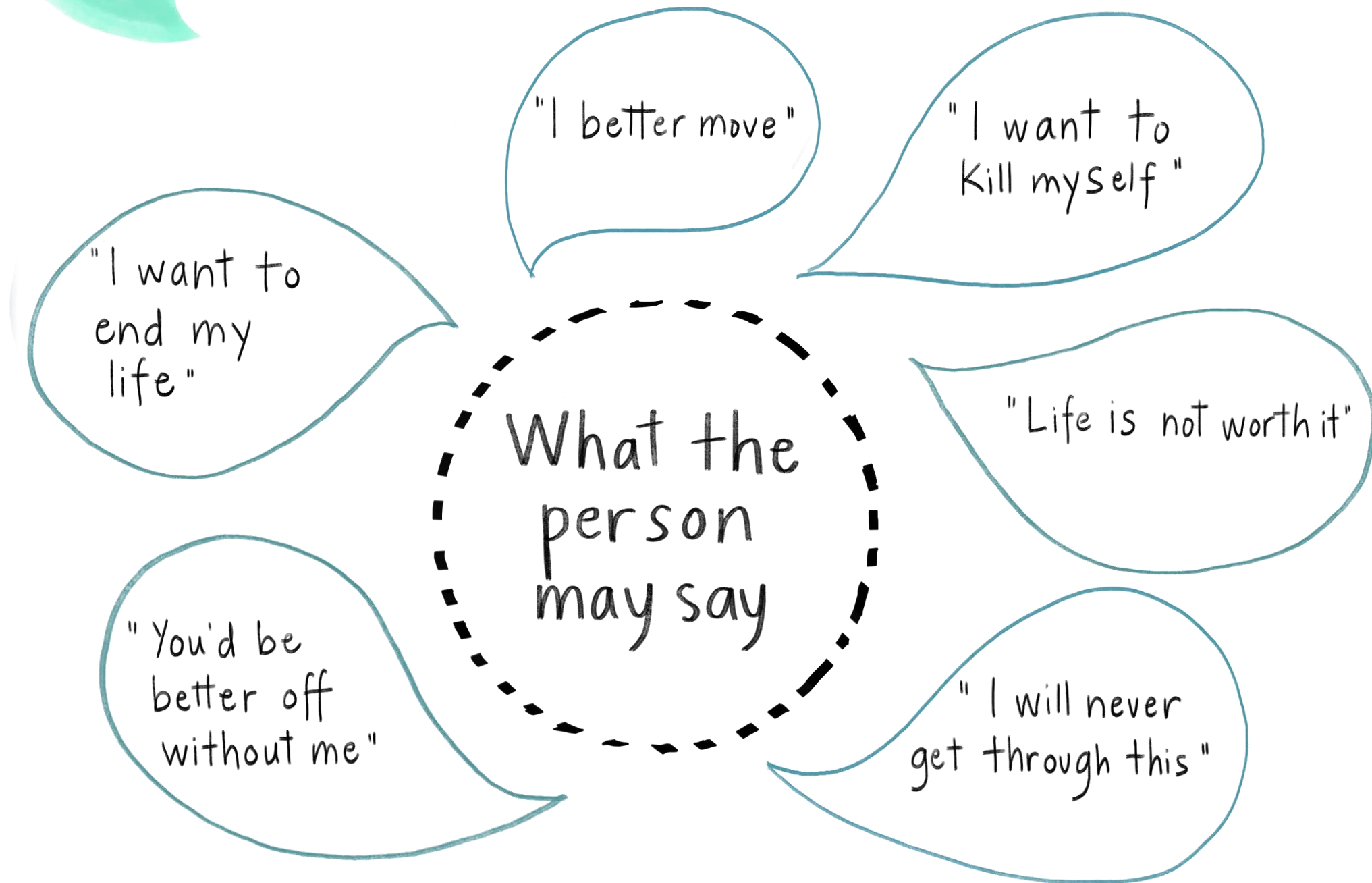
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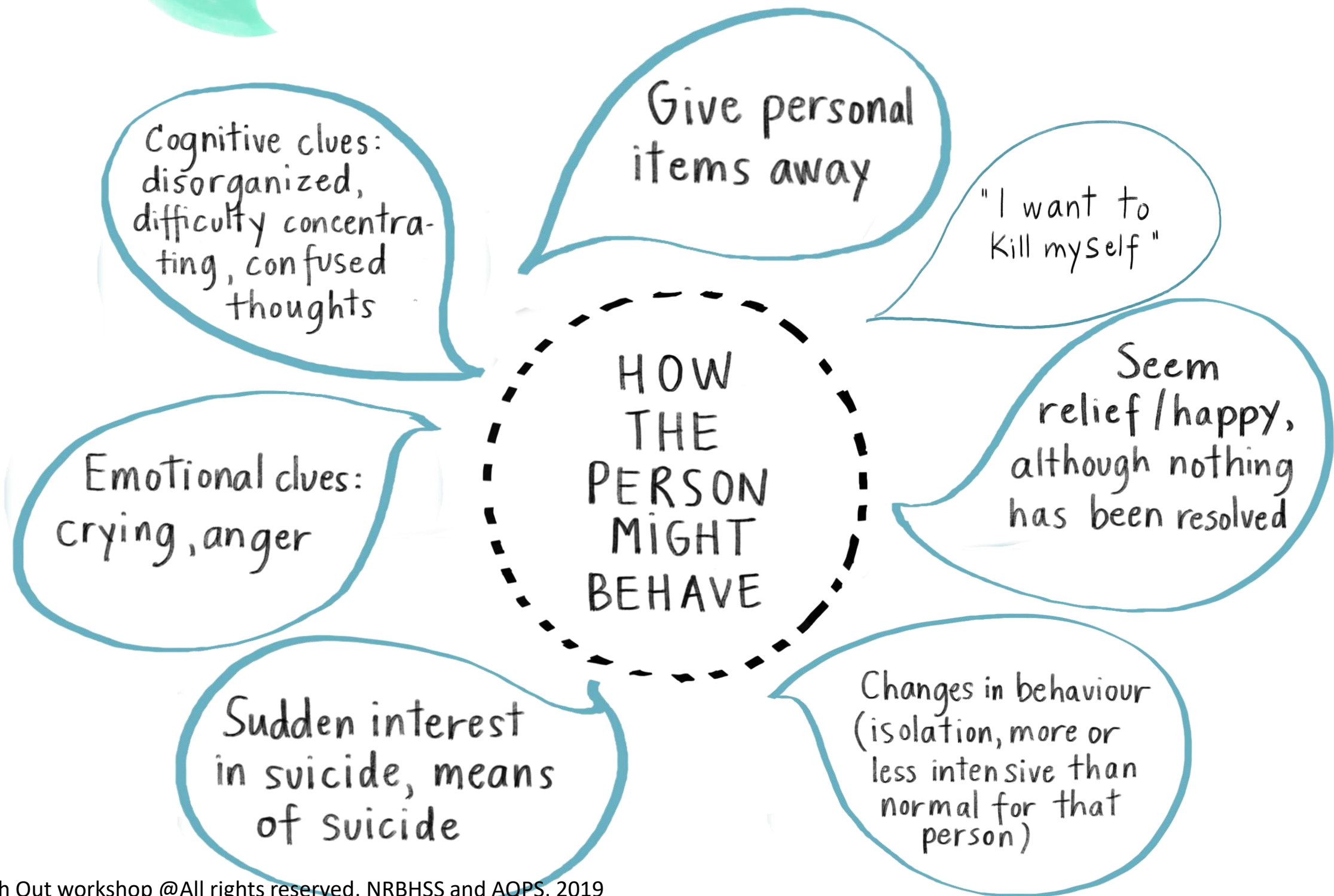
Recognize

Warning signs



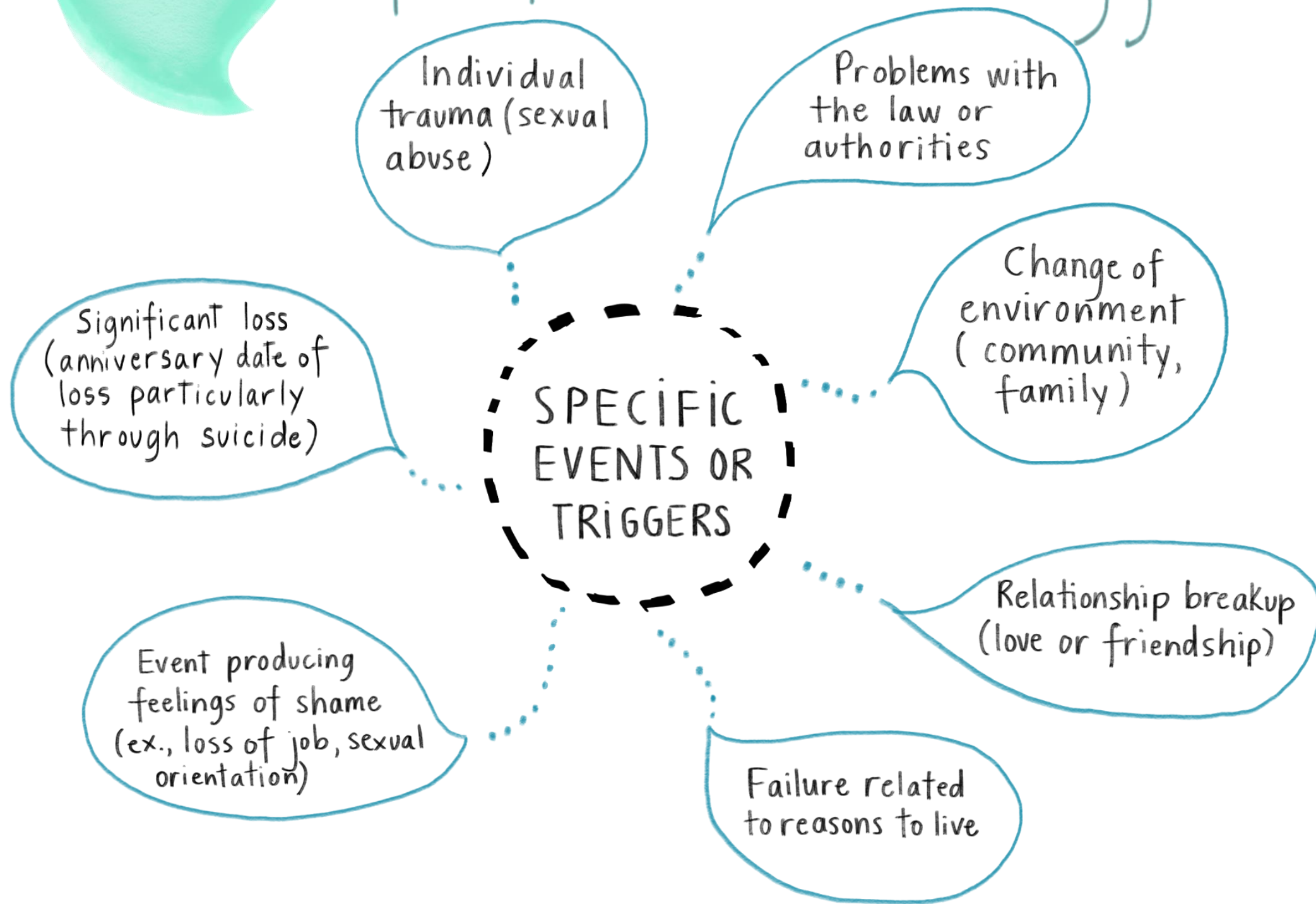
Recognize

Warning signs



Recognize

Specific events or triggers





ASK if the person is thinking
about suicide

Listening with helpful attitudes



Refer

Community resources

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A FRIEND

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KAMATSIAQTUT HELP LINE

1-800-265-3333

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AN ELDER

www.hopeforwellness.ca (chat)

1-855-242-3310

KIDS HELP PHONE

1-800-668-6868

Text: 686868 - Type "Talk"
to start talking to a counselor

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CLSC

819-xxx-9090

Self care

ARE YOU
GOING
THROUGH
DIFFICULTIES?

GO ON THE LAND
REACH OUT FOR HELP
VISIT A FRIEND
FIND A DISTRACTION
TAKE A DEEP BREATH
LISTEN TO MUSIC
CONNECT WITH YOUR CULTURE



*“Whatever you
may be going
through,
remember
that small
actions can
make a
difference!”*