

Supporting honest conversations about suicide prevention – resources that can help

If you, or someone close to you, was having suicidal thoughts, would you know where to turn for help?

It's an important question. On average, more than 10 Canadians die by suicide each day. For every person lost to suicide, many more experience thoughts of suicide or suicide attempts. The loss of a single life to suicide can affect from seven to 10 survivors.

The pandemic isn't helping. Last May, more than 1 in 20 Canadians (6%) reported experiencing thoughts or feelings of suicide during the pandemic. That was up from 2.5% who reported suicidal thoughts in the previous year.¹

Resources that can help

Suicide is among the most difficult mental health outcomes to acknowledge or discuss. It's an uncomfortable topic that creates both fear and stigma. And yet it affects so many Canadians.

We want to break down the barriers and guide you to some resources that can help with suicide prevention. These can help if you're having suicidal thoughts. They can also help you identify others who may be struggling and lead them to supports.

- **Lumino Health:** Stress and anxiety can lead to deeper problems if left unchecked. The Lumino Health [Stress and Anxiety Guide](#) can help you understand and manage your feelings and symptoms. You can also find resources to help a friend or loved one.
- **Public resources.** There are some excellent free resources on suicide prevention. Check out those available through the Centre for Addiction and Mental Health ([CAMH](#)) and the [Government of Canada](#). You can also contact:
 - [Crisis services Canada](#) – Suicide prevention and support – call 1-833-456-4566 to connect with responders over the phone.

¹ CMHA and UBC national survey on mental health, May 2020 [<https://cmha.ca/news/warning-signs-more-canadians-thinking-about-suicide-during-pandemic>]

- [Wellness together Canada](#) – free mental health & substance use support, resources and counseling with a mental health professional. Immediate crisis support: Text Wellness to 741741

Buddy Up – a focus on support for men

Suicide is far more common in men than women. In fact, Canadian men have a suicide rate three times higher than women².

Sun Life is a champion of [Buddy Up](#). It's a Canadian Mental Health Association program that focuses on providing support to men. The website has many resources. We want to highlight two:

- **Toolkit.** Buddy Up has a toolkit that addresses warning signs and prevention steps for [men and suicide](#).
- **Training program.** This free online, skills-based suicide prevention training program – [START](#) – takes less than two hours. It can help you recognize when someone has thoughts of suicide. You can then take action to connect the person to an intervention provider.

You can play a role in suicide prevention

Canadian [Mental Health Week](#) is May 3 to 9. This year's theme is “#GetReal about how you feel.” Many of us are struggling through this challenging time. You may be feeling anxious or depressed. The thoughts and feelings that can lead to suicide are important ones to acknowledge. We encourage you to look at the resources highlighted here. They can help you and others recognize the warning signs of suicide and the steps that can prevent it. We can all use support right now. Please reach out, help is available.

Questions? We're here to help.

Please call us at 1-800-361-6212, Monday to Friday, 8 a.m. to 8 p.m. ET.

² Buddyup.ca