

## Where to Get Help in Halton

Crisis Outreach & Support Team (COAST).....1-877-825-9011  
ROCK, Reach Out Centre for Kids (0-17 yrs).....905-878-9785  
Distress Centre Oakville.....905-849-4541  
North Halton Distress & Information.....905-877-1211  
Telecare Burlington.....905-681-1488



For more information, contact  
**Halton Region**  
905-825-6000  
Toll free: 1-866-4HALTON (1-866-442-5866)  
TTY: 905-827-9833  
[www.halton.ca](http://www.halton.ca)

**Health Department**  
Promoting and Protecting Health,  
Preventing Disease. Providing EMS.

HE-08106

### Possible signs of someone with suicidal thoughts include:

- Statements about wanting to die
- Repeated negative thoughts
- Feelings of hopelessness or worthlessness
- Changes in behaviour, routines, mood or appearance
- Inability to think about the future
- Difficulty making decisions or concentrating
- Making final arrangements (e.g. giving away prized possessions)

## Suicide Facts

If you suspect a person is suicidal:

- Ask them directly about suicide and their plan. Ask "Are you having thoughts of suicide?" "How would you try to kill yourself?" "When?"
- Assist them in getting help from emergency services, a counsellor, family doctor or hospital emergency department.
- Encourage the person to talk about their feelings, listen and be supportive.
- Do not promise to keep this a secret.
- If you believe someone's life may be in danger, go with them to the emergency department of the closest hospital or call 911.

### If you feel suicidal, there are ways you can get help:

- Tell someone.
- Call a crisis line.
- Postpone any decisions to end your life.
- Avoid using drugs and alcohol.
- Think about your reasons for living (friends, family, future goals, pets).
- Remember that suicidal thoughts are feelings and those feelings may pass.
- Seek professional help (e.g. therapist, employee assistance program, family doctor, nurse, social worker, clergy).