



How You Can Help

YOU are Suicide Prevention WE are Suicide Prevention



Vancouver Island
Crisis Society

www.vicrisis.ca



To Prevent Suicide



- Ask the person of concern, “Are you having suicidal thoughts?” Listen deeply and with empathy.
- Inform the person about the Vancouver Island Crisis Line at **1-888-494-3888** for support and access to community services.
- Or call the Crisis Line yourself and ask a Crisis Line responder to reach out by phone to the person at risk.
- The person can choose to access Crisis Chat at www.viccrisis.ca or Crisis Text at **250-800-3806** from 6:00 pm to 10:00 pm nightly.
- If the person is at high risk, call 9-1-1 or take them to the hospital.
- Become suicide aware by participating in a three-hour **safeTALK** workshop.
- Acquire the skills to assess and ensure the safety of a person whose suicide plan is imminent by attending the two-day **ASIST** (Applied Suicide Intervention Skills Training) workshop.
- Register your business or agency’s team members for safeTALK and/or ASIST at your premises to enable them to assess and support clients or patients.
- Become a **Crisis Line Volunteer or Worker** to support persons who are distressed or lonely to prevent suicide.
- Donate at www.viccrisis.ca to help the Crisis Society foster suicide awareness and prevention skills in our **School Programs**.