



Janice Breck  
*President*

Richard Kramer  
*Vice-President*

Elizabeth Newcombe  
*Treasurer*

Verna MacLeod  
*Secretary*

Sharon Durant  
*Board Member*

Elia Nicholson-Nave  
*Board Member*

Liz Robbins  
*Board Member*

Jackie Yurick  
*Board Member*

Asha Croggon  
*Provincial Programs  
Manager*

CLABC  
P.O. Box 1118  
Nanaimo, BC  
V9R 6E7

(250) 753-2495  
info@crisislines.bc.ca  
www.crisislines.bc.ca

*Promote, support and  
enhance telephone cri-  
sis intervention & sui-  
cide prevention  
services for individuals  
and communities  
throughout BC*

## PRESS RELEASE

FOR IMMEDIATE RELEASE October 30<sup>th</sup>, 2012

### **AN IMPORTANT MESSAGE FROM THE CRISIS LINE ASSOCIATION OF BC:**

**You are not alone.  
Support is just a phone call away.**

Crisis Lines provide over 3.7 million minutes of empowering, evidence-based support each year to the people across the province. But even with that commitment and reach, there are still some who do not know of the critical services crisis lines provide. In light of the recent events, it is even more important that the youth of BC know there are people who care and safe places they can turn to for support.

**1.800.SUICIDE (1.800.784.2433)** is a confidential, toll-free service that is available to anyone, anywhere, any time in BC. Crisis Lines across the province are networked together to share suicide-related calls on this service and work towards the goal that 'no call goes unanswered'.

**310Mental Health Support (310-6789)** is another 24/7/365, confidential service that provides support and resources for people with mental health questions and concerns.

**Your Local Vancouver Island Crisis Line** number is 1-888-494-3888 and can be found through [www.crisislines.bc.ca](http://www.crisislines.bc.ca) or through your phone book or by calling the operator. Professional Certified Crisis Workers are available to provide support around bullying, depression, thoughts of suicide and any issue you are facing.

In addition, several Crisis Lines also provide support through **online chat services** so young people have a web-based way to reach out. These services can be reached through [www.northernyouthonline.ca](http://www.northernyouthonline.ca) or [www.youthinbc.ca](http://www.youthinbc.ca).

Amanda Todd has touched thousands of people across Canada and raised the issue of youth suicide causing many to ask if there is more they can be doing for those around them. We all have a role to play in being aware of the Signs of Suicide (S.O.S.) and responding when we see them. Some possible signs include;

- **Changes in Behavior:** Increased use of alcohol or other drugs; increased or decreased sleeping or eating; decreased self-care
- **Hopelessness:** A negative outlook with no positive future.

- **Changes in Mood:** Crying easily; depressed; frequently agitated/anxious
- **Warnings:** Saying “Life isn’t worth it” or “Things would be better if I were gone”; jokes, poems or art about suicide
- **Preparations for Death:** Saying goodbye; making a will; giving away prized possessions; talking about going away
- **Impulsiveness:** Actions without thought of risks or consequences; outburst or aggression
- **Previous Attempts:** Recent intentional self-harm or suicide attempts.

If you recognize any of these signs in someone or are concerned, it is important to know that talking can help.

- Reach out** and let the person know you care.
- Ask directly** “Are you considering suicide?”
- Be a supportive listener** and accept their feelings, give them space to talk.
- Offer help.** Find out who they can talk to – a relative, counselor, teacher, clergy member, doctor or crisis centre. Never promise to keep a suicide plan secret. And remember that 1.800.SUICIDE (1.800.784.2433) is available to anyone, anywhere, any time.
- Take them to help.** Take them to a hospital, mental health clinic or suicide prevention counselor if they cannot assure their own safety.

If you, or someone you care about, needs support relating to bullying, depression, suicide or any other concern ... please remember that the staff and volunteers of the Crisis Lines of BC are here for you. **You are not alone. Support is just a phone call away.**

For further information regarding The Vancouver Island Crisis Line please contact;

Heather Owen

Promotions & Community Relations Coordinator

Tel: 250-753-2495 local 110

Toll Free: 1-877-753-2495

Email: [heather@vicrisis.ca](mailto:heather@vicrisis.ca)