



# Suicide Awareness

## Virtually Facilitated In-Service Training

### Course Description

As a caregiver you may be the first person to notice that a child/youth in your care is at risk of suicide. We want you to understand the roles you and skilled professionals play in suicide awareness. We want you to be comfortable talking to children/youth about suicide. In this workshop, you will:

- Explore the roles of case team members related to suicide risk.
- Develop skills for talking with children/youth about suicide.
- Develop skills for supporting people impacted by suicide.

### Learning Objectives

At the end of this module, you will be able to:

- Explain the caregiver role in suicide and suicide prevention.
- Explore your own discomfort and fears about suicide.
- Create a safe space to discuss suicide.
- Describe warning signs that a child/youth is at risk for suicide.
- Meet the expectations of your role in the ASKC process.
- Support a child/youth who is at risk for suicide.
- Support a child/youth who is affected by suicide.
- Follow processes for responding to suicide and suicide risk.
- Identify resources for building hope.

### Guided Discussion Questions

1. How often do you practice asking, "Are you thinking about killing yourself?", so that you are ready if you need to ask this question to a child/youth?
2. What would you do if a child/youth told you that they were having thoughts of suicide?

### Resources

**Resource one:** Children and Family Services Intervention Crisis Unit  
1-800-638-0715 (province-wide)

**Resource two:** Calgary  
Distress Centre Calgary  
Serving Calgary and surrounding areas  
Suite 300 1010-8 Avenue Calgary AB T2P 1J2  
Crisis 24 hours: 403-266-4357 (HELP)  
ConnecTeen 24 hours: 403-264-TEEN (Teen chat support: [www.calgaryconnecteen.com](http://www.calgaryconnecteen.com))  
Business: 403-266-1601  
Email: [info@distresscentre.com](mailto:info@distresscentre.com)

**Resource three:** Cold Lake

Doctor Margaret Savage Crisis Centre  
Cold Lake AB T9M 1P1  
Crisis 24 hours: 1-866-594-0533  
Crisis 24 hours: 780-594-3353  
Business: 780-594-5095  
Email: [crisis@telusplanet.net](mailto:crisis@telusplanet.net)

**Resource four:** Edmonton

Crisis Support Centre, a program of the Support Network  
Serving Edmonton and Northern Alberta  
800-10010 105 Street Edmonton AB T5J 1C4  
Crisis 24 hours: 1-800-232-7288  
Crisis 24 hours: 780-482-4357 (HELP)  
Business: 780-414-6300  
Email: [main@cmha-edmonton.ab.ca](mailto:main@cmha-edmonton.ab.ca)

**Resource five:** Fort McMurray

Some Other Solutions Society for Crisis Prevention  
Serving Fort McMurray and Northeastern Alberta  
9908 Manning Avenue, Fort McMurray AB T9H 2B9  
Crisis 24 hours: 1-800-565-3801  
Crisis 24 hours: 780-743-4357 (HELP)  
Business: 780-743-8605  
Email: [director@someothersolutions.ca](mailto:director@someothersolutions.ca)

**Resource six:** Lethbridge

Distress Line of Southwestern Alberta (Canadian Mental Health Association)  
Serving Chinook Health Region and south part of Calgary  
426-6 Street South Lethbridge AB 1-888-787-2880  
Crisis 24 hours: 1-800-565-3801  
Crisis 24 hours: 403-327-7905  
Business: 403-329-4775

**Resource seven:** St Paul & District Crisis Centre

Serving all Alberta and Northeastern Saskatchewan  
Box 1237, St. Paul AB T0A 3A0  
Crisis 24 hours: 1-800-263-3045  
Crisis 24 hours: 780-645-5195  
Business: 780-645-5132  
Email: [crisis84@mcsnet.ca](mailto:crisis84@mcsnet.ca)

**Resource eight:** National

Kids Help Phone  
Kids Help Phone is Canada's only national 24-hour, bilingual and anonymous phone counselling, web counselling and referral service for children and youth.  
Crisis 24 hours: 1-800-668-6868  
Website: [www.kidshelpphone.ca](http://www.kidshelpphone.ca)