

## **Suicide / Self Harm in Halton Hills**

**Working as a community to  
reduce the hurt.**

**Find the support you need.**

**Are you or someone you care about  
experiencing the following:**

- Making direct or indirect statements about suicide, including via social media or in writing
- Seeking out ways to harm or kill oneself
- Giving away favourite possessions or saying goodbye
- Persistent thoughts of suicide
- Known previous suicide attempts
- Preoccupation with death and dying
- Expressed feelings of hopelessness and/or helplessness
- Behaviour that is out of character for the individual and/or marked mood changes
- A marked reaction to a bereavement, specific loss, or a significant triggering event
- Destructive or risky behaviour related to drug or alcohol use
- Exposure to an attempted or completed suicide by a significant person
- Withdrawal from friends, family or school

### **IN IMMEDIATE DISTRESS**

CALL 911  
or go to local hospital

### **Other Community Supports**



Distress Centre North Halton  
905-877-1211



Coast (16 years of age+)  
1-877-825-9011

ROCK (under 18 years of age)  
905-878-9785

Kids Help Phone(under 20 years of age)  
1-800-668-6868



## **SAFE COMMUNITIES HALTON HILLS**

### **Our Mission**

To support the establishment and implementation of a coordinated approach to addressing safety issues in the Region of North Halton through inter-agency and local community group awareness, communication, co-operation and action.

### **PREVENTABLE INJURIES OF FOCUS:**

**MOTOR VEHICLE COLLISIONS**

**FALLS**

**INCIDENTS OF INTENTIONAL  
SELF HARM / SUICIDE**

To become involved or learn more about

## **Safe Communities Halton Hills**

go to:

<http://halton.safecommunities.parachutecanada.org>

**“A Safe Community is a happy,  
healthy and vital community”**

