

# Wainwright Community Connector

Courtesy of Wainwright & District Family & Community Services



902 5 Ave., Wainwright, AB  
www.wdfcs.ca



ISSUE #5 SEPTEMBER 5, 2017

## THIS MONTHS FEATURES:

- Need Support?
- Warning Signs
- Youth at Risk
- World Suicide Prevention Day
- Struggling to Understand
- Barry's Story
- Need Help?

### NEED SUPPORT?

**Alcoholics Anonymous**, meets Mondays @ 8p.m in the Provincial Building and Thursdays & Saturdays @ 8p.m at St. Thomas Anglican Church  
**Al-Anon**, meets Thursdays @ 8p.m in the Provincial Building  
**Narcotics Anonymous**, meets Wednesdays @ 8p.m in the Lutheran Church  
**Alzheimer Caregiver Support Group**, meets first Wednesday of the month @ 7p.m in the Provincial Building  
**Walking Thru Grief Support Group**, meets twice a month must register. Please phone Shirley at (780) 846-2576.  
**Parkinson's Support Group**, meets the second Tuesday of the month @ 11a.m in the Provincial Building. Call Lauren at (780) 808-5006

### Be on the lookout for warning signs of suicide

- Significant mood changes
- Withdrawal
- Dropping grades
- Bad hygiene
- Changes in eating habits
- Risk taking behavior
- Always feeling sick
- Giving away items they really like

**All suicidal thoughts or threats must be taken seriously.**  
**There are certain things a suicidal person may say or do to indicate their thoughts.**

### In Crisis?

Kids Help phone: 1-800-668-6868 or 911  
 AB Mental Health Help Line: 1-877-303-2642  
 AB Addiction Help Line: 1-866-332-2322  
 LGBTQ Support Line: 1-877-688-4765  
 St. Paul & District Crisis Centre: 1-800-263-3045  
 National Suicide Prevention Lifeline: 1-800-273-8255  
[www.suicideinfo.ca](http://www.suicideinfo.ca)  
[www.suicideprevention.ca](http://www.suicideprevention.ca)



### World Suicide Prevention Day

Will be recognized on

**September 9th** by a Suicide Walk of Remembrance at the Bud Miller Park in Lloydminster from **3-6p.m.** This walk honors the memories of loved ones who died due to suicide and focuses on Mental Health Awareness.

There will be a guest speaker and entertainment.

**For more information contact Neil at (306) 825-5523**

Please note that the Walking Through Grief Society Support Groups and one to one visits will commence on September 22nd.

**For more information contact Shirley at (780) 846-2576**

### Youth at Risk of Suicide

Are you or someone you know at crisis? Don't blame yourself! Being unwell, whether physically or mentally, is not a sign of weakness or failure. Looking and asking for help is a sign of strength. As difficult as it is, the first step to finding solutions other than suicide is to ask for help. Help is always available such as:

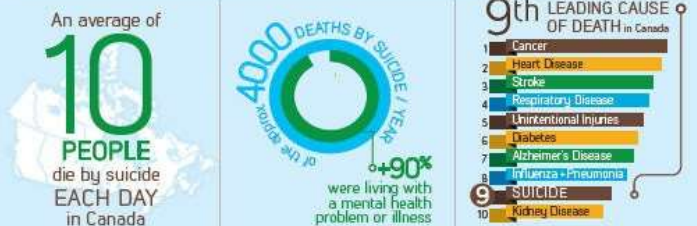
- **Talking to a parent, teacher, counsellor, doctor, or other trusted adult.**
- **Talking, texting, or chatting with a helpline**  
**Kids Help Phone: 1-800-668-6868 Or 911**

What if they don't understand? What is the person you tell just doesn't get it? The most important thing is to get help. Sometimes people aren't in a good place themselves to help others, or they may be afraid. In other words it's not you it's them! So don't give up, talk to someone else your life is important!

**If you are suicidal please phone 911 or go to emergency**

## SUICIDE in Canada

### CURRENT CONTEXT



### ACROSS THE LIFE SPAN



Public Health Agency of Canada analysis of Statistics Canada Vital Statistics Death Database and Canadian Institute for Health Information Hospital Morbidity Database. Published data underestimates the total number of deaths by suicide, due, in part, to the stigma of suicide and other factors that may lead family members, health professionals, coroners, and others to avoid labeling or reporting deaths as suicides.

### THERE IS HOPE

Suicide can be prevented. Help is out there. You are not alone.

- IF YOU ARE IN CRISIS
- Contact a call centre in Canada near you: [www.suicideprevention.ca/thinking-about-suicide/find-a-crisis-centre/](http://www.suicideprevention.ca/thinking-about-suicide/find-a-crisis-centre/)
  - Call Kids Help Phone **1-800-668-6868**
  - Find someone you trust and let them know



**Struggling to understand suicide***- Ron Rolheiser OMI (July 28, 2013)*

Sadly, today, there are many deaths by suicide. Very few people have not been deeply affected by the suicide of a loved one. In the United States alone, there are more than thirty-three thousand suicides a year. That averages out to ninety such deaths per day, about three to four every hour. So what's to be said about suicide? How can we move towards understanding it more empathically?

Understanding suicide more compassionately won't take away its sting, nothing will, except time; but our own long term healing and the redemption of the memory of the loved one can be helped by keeping a number of things in mind.

Suicide, in most cases, is a disease, not something freely willed. The person who dies in this way dies against his or her will. Death by suicide is analogous to death by cancer, stroke, or heart attack; except, in the case of suicide, it's a question of emotional-cancer, emotional-stroke, or an emotional-heart attack.

Moreover, still to be more fully explored, is the potential role that biochemistry plays in suicide. Since some suicidal depressions are treatable by drugs, clearly then some suicides are caused by biochemical deficiencies, as are many other diseases that kill us.

The person who dies in this way, almost invariably, is a very sensitive human being. Suicide is rarely done in arrogance, as an act of contempt. There are of course examples of persons, like Hitler, who are too proud to endure normal human contingency and kill themselves out of arrogance, but that's a very different kind of suicide, not the kind that most of us have seen in a loved one. Generally our own experience with the loved ones that we've lost to suicide was that these persons were anything but arrogant. More accurately describes, they were too bruised to touch and were wounded in some deep way that we couldn't comprehend or help heal. Indeed, often times when sufficient time has passed after their deaths, in retrospect, we get some sense of their wound, one which we never clearly perceived while they were alive. Their suicide then no longer seems as surprising.

*Fr. Ron Holheiser grew up on a farm in the Macklin/Cactus Lake area of Saskatchewan, He wrote weekly columns for many years in the western Catholic Reporter and has also written several books. He is currently the president of the Oblate School of Theology in San Antonio Texas. This article was excerpted from a longer publication: <http://ronrolheiser.com/struggling-to-understand-suicide/#.WYzBSfmGNbW>*

**Barry's Story***By: Joanne*

My brother's first attempt at suicide was when I was fourteen years old. As a result of the attempt he suffered brain damage and epileptic seizures. My brother informed the family a few years later that he was gay. He suffered with seizures and abused alcohol and drugs. At age 34, he made another suicide attempt and was buried at this young age. When my brother died, it tore my mother and father apart. My mother blamed my father and my father blamed himself for the suicide. I felt guilty that there must have been something I had done personally that made him feel like he wanted to end his life.

Cleaning out his apartment was one of the worst things I have ever had to do in my life. I went for private counselling; the Salvation Army's Suicide Prevention Program, AADAC, and I even attended a Suicide Prevention/Intervention course at Grant MacEwan College.

The counsellor at the Salvation Army talked to me about feeling guilty for my brother's death. She asked me if I would feel responsible for my actions if he had committed a crime such as murder.

I guess it was that moment that I realized I could not control my brother's actions. I was not responsible for what he had done. I just wished that I could have given him the hope that he needed to go on with his life.

Losing and grieving the loss of my brother has been one of the hardest experiences in my life. I also learned, that no matter how hard things can get, I can survive them and go on to be a stronger person.

What I want to say to someone who is thinking about suicide is that there is always someone out there who loves and cares about you. If you commit suicide you will devastate them. There is always hope so please reach out to someone you trust like a friend, a loved one or counsellor, but don't keep your feelings to yourself. If you are a family member of someone who has committed suicide please go for counselling because you need to understand that you are not responsible although you may never understand....why?

*- Stories of hope 2<sup>nd</sup> edition***NEED HELP?**

No Food, No Shelter (24hrs)	
(Alberta Social Services)	1-800-638-0715
Wainwright Food Bank	(780) 845-8875
Relationships, Loss, Abuse,	
(FCS Counselling)	(780) 842-2555
FCS Services for seniors	(780) 842-2555
Seniors Information Line	1-800-644-9992
Parent Link Centre	(780) 842-2585
Pregnancy & Parenting	
(T.I.P.S Program)	(780) 842-5481
Community Health	(780) 842-4077
Wainwright Health Centre	(780) 842-3324
Wainwright Primary	
Care Network	(780) 842-6676
Health Link Alberta	1-866-408-5465 or 811
Bullying	
Family/School Issues	(780) 842-2220
Kids Help Phone	1-800-668-6868
Report Child Abuse	1-800-387-5437
Safe Kids Hotline	1-877-385-KIDS
Depression, Anxiety, Suicide	(780) 842-7522
Suicide Prevention	
Hotline (24hrs)	1-800-784-2433
Mental Health Hotline	1-877-303-2642
Alcohol, Drugs, Gambling	
Wainwright Office	(780) 842-7619
Addictions (24hrs)	1-866-332-2322
Wainwright RCMP – Victim Services	
Victim of Crime/Abuse	(780) 842-4490
Wainwright Adult Learning	(780) 842-3455
Wainwright HandiVan	(587) 281-9347

**Have something to add to our newsletter?**

**Please email submissions to [fcssecretary@silvercrest.ca](mailto:fcssecretary@silvercrest.ca)**

