

To assist you with these conversations CASP, Klinik Community Health Centre, and the Winnipeg Regional Health Authority (WRHA) has produced a resource package that includes easy reading information on many of these topics. Each of the following resources can be downloaded by visiting www.suicideprevention.ca

These resources include:

Are You OK? A Four Step Approach to Being Mentally Healthy

Calm In the Storm – Coping with the Stresses of Life

Every Person's Guide to Self Compassion

21 Ways to Enjoy Life More

produced by the WRHA Mental Health Programs. This resource can be downloaded from the WRHA website at www.wrha.mb.ca

Enjoy Life More – Make Stress Work for You

produced by the WRHA Mental Health Programs. This resource can be downloaded from the WRHA website at www.wrha.mb.ca

Coping with Suicidal Thoughts and Safety Planning

Help Cards: Crisis/Distress Line and De-Stress

Know When to Ask about Suicide and What To Do

Hope and Resiliency at Work

Hope and Resiliency at Home



You can
make a
difference....



Many families put considerable time and effort into protecting and nurturing the physical well-being and safety of their members. Care is taken to eat well, make healthy choices, prevent injuries, safety proof our homes, street proof our children, know basic first aid, and plan for natural disasters. We install smoke detectors and ensure everyone knows what to do in the event of a fire. Most of us do not put the same thought or energy into protecting and nurturing our mental and emotional well-being, learning how to be safe in the event of a personal crisis. Families, both biological and chosen or however defined, can be an important source of strength, protection and safety. There are things families can do to help increase each person's capacity to not only be safer when confronted by personal challenges but to thrive, flourish and experience more enjoyment in daily life.

Here are a few things your family can do to support mental wellness and increase each person's ability to keep safe when times are tough. While each person is ultimately responsible for their own well-being and personal safety, everyone needs the help and support of their family, friends and community.

- *Make time to talk and make it a priority*
- *Take time to look and listen, remember everyone needs to be seen, heard and understood*
- *Have conversations about how to get through those difficult times when our sense of security may feel threatened*
- *Have conversations about balancing the demands of life-work-school and other responsibilities with self care*
- *Take time to talk about healthy ways of coping with difficult emotions*
- *Have conversations about what gives us strength and hope*

- *Have conversations about supporting mental wellness*
- *Learn and practice as a family ways of calming, relaxing and soothing the self*
- *Learn about how to enjoy life more*
- *Learn about and practice self compassion*
- *Make agreements about how you support each other during difficult times and how you will let each other know when you are struggling, feeling unsafe and need help*
- *Discuss safety plans and how to cope with thoughts of suicide. Remember thoughts of suicide are not uncommon and it is ok to talk about them. A safety plan can be downloaded from CASP's website at www.suicideprevention.ca*
- *Have conversations about recognizing the signs and symptoms of depression*
- *Have conversations about recognizing the signs and symptoms of stress*
- *Give every member of your family a help card with the phone number of the local crisis or distress line*
- *Give everyone in your family a help card for the De-Stress website*
- *Have the phone number of the local crisis or distress line posted on the fridge or your bulletin board*
- *Make sure everyone knows about community resources and how to access them*
- *Know when to ask about suicide and what to do*
- *Make time to play and be active together*
- *Do something every day to let people know you care about them*
- *Do something every day to let yourself know that you matter*