

## **Feeling alone, desperate and like you need to end things... read this first!**

Thinking about taking your own life can be very scary and can feel very desperate. Sometimes it seems as if there's just too much to handle right now, and our situation seems hopeless. Sometimes suicide seems like the only escape from our pain.

Thinking about suicide doesn't mean that you're going to lose control and act on your feelings. However, it is a sign that it's time to try some new strategies for coping with the things that are getting you down right now.

The good news is that you don't have to do this alone. There is help available for you. Here are a few resources you can use right now.

### **Help is a Phone Call Away**

Calgary Distress Center	403.266.4357
ConnecTeen	403.264.TEEN (8336)
Telecare Calgary Suicide and Crisis Line	403.266.0700 (7am – 11PM)

### **Websites**

<http://www.metanoia.org/suicide/>

This website gives you 5 steps to get through the scary moments when your feelings are overwhelming.

<http://www.suicideprevention.ca/in-crisis-now/find-a-crisis-centre-now/crisis-centres/crisis-alberta/>

This website gives you numbers to call to talk with someone, and stay safe.

<http://www.suicideprevention.ca/wp-content/uploads/2012/05/Coping-with-Suicidal-Thoughts.pdf>

This website will help you make a plan to stay safe.

[http://www.survivorsofsuicide.com/faq\\_suicide.shtml](http://www.survivorsofsuicide.com/faq_suicide.shtml)

This website has information about how friends and family are affected by someone's suicide.

<http://www.calgaryconnecteen.com/>

This is an online chat and blog with caring teens and adults at the Distress Center.

### **William Aberhart Resources**

Our Aberhart guidance counselors are available to talk, and help you find ways to lessen your pain and increase your coping strategies. These will help you feel more hopeful about your future, and get through the rough times.