



## SAMU, MACEWAN, AND COMMUNITY RESOURCES:

Here are places that you can reach out to  
if you or someone you know is experiencing  
suicidal thoughts:

### **SAMU Peer Support**

SA-223, SAMU Building  
City Centre Campus, 10850 104 Ave  
For information about Peer Support, please  
reach out to the Peer Support Assistant at  
[sapeersupport@macewan.ca](mailto:sapeersupport@macewan.ca)

### **MacEwan Wellness Psychological Services**

7-103A, City Centre Campus, 10700 104 Ave  
[macewan.ca/safe-at-macewan/  
mental-health-counselling](http://macewan.ca/safe-at-macewan/mental-health-counselling)  
780.497.5063 • [wps@macewan.ca](mailto:wps@macewan.ca)

For immediate support please contact:

### **Distress Line**

780.482.HELP (4357)

**If it is an emergency**  
please call 911

To access additional support resources or  
to book an appointment with a trained  
Peer Support volunteer visit:

**[samu.ca/peersupport](http://samu.ca/peersupport)**



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The Students' Association of  
MacEwan University (SAMU) is a  
non-profit organization working  
independently from MacEwan  
University to support students.

# UNDERSTANDING SUICIDE

Suicide can be hard for people to talk  
about, and impacts us all. Talking  
about Suicide can save lives.

## PEER SUPPORT



Suicide can be scary to talk about, and talking about it can save lives. It is one of the leading causes of death for young people. It can affect anyone, even if they don't have a mental health condition. There are several reasons individuals die by suicide or attempt suicide. It is usually associated with helplessness, isolation, and being overwhelmed.

## **SIGNS OF SUICIDE**

Most deaths by suicide do not happen without warning. There are possible warning signs that someone may be contemplating suicide.

### **SIGNS OF SUICIDE MAY INCLUDE BUT ARE NOT LIMITED TO**

- **Drastic changes in behaviour**
- **Feeling hopelessness or isolation**
- **Depression, anger, sadness, mood swings, or outbursts**
- **Feeling unbearable pain**
- **Withdrawing from friends and family**
- **Reckless behaviour**
- **Discussing wanting to die and/or making jokes about suicide**
- **Loss of interest in things one cares about**
- **Getting one's affairs in order**

## **SUICIDE AND AMBIVALENCE**

Some people who have suicidal thoughts may feel stuck between two choices – wanting to live and wanting to die. This feeling is called ambivalence. In the end, it is ultimately about wanting to end the pain. They may feel they have no one to reach out to or are a burden to those around them.

If you notice signs in someone you know or are experiencing suicidal thoughts, it's okay to reach out and/or seek support.

Remember, talking about it can save lives.