

## Suicide Intervention Toolkits

These toolkits were created by the Salt Spring Island Local Action Team with the intent that they might provide additional information and support for children or youth struggling with suicidal ideation in our community.

Each of the three kits are designed for a specific audience and contain information relevant to that audience; there's a kit for youth, one for parents or caring adults and one for professionals like teachers or counsellors. Kits contain information on supports and resources available within the community, crisis lines and apps that may help, self-management supports and information about risk factors and how to stay safe along with other information.

**These kits are not a substitute for getting help.** Thinking or talking about suicide is serious and anyone with concerns about themselves or another should seek the support of a qualified medical or mental health professional. That could look like calling 911, presenting at the emergency room, calling a crisis line like 1-800-SUICIDE (available 24/7) or seeking supports from your local child and youth mental health team.

Funding for development of these kits was provided by the Child and Youth Mental Health & Substance Use (CYMHSU) Collaborative. The Collaborative is funded by the Shared Care Committee in partnership with the General Practice Services and Specialist Services Committee of Doctors of BC and the BC Government. The goal of the collaborative is to increase timely access to integrated services and supports for children, youth and families struggling with mental health and substance use issues.

