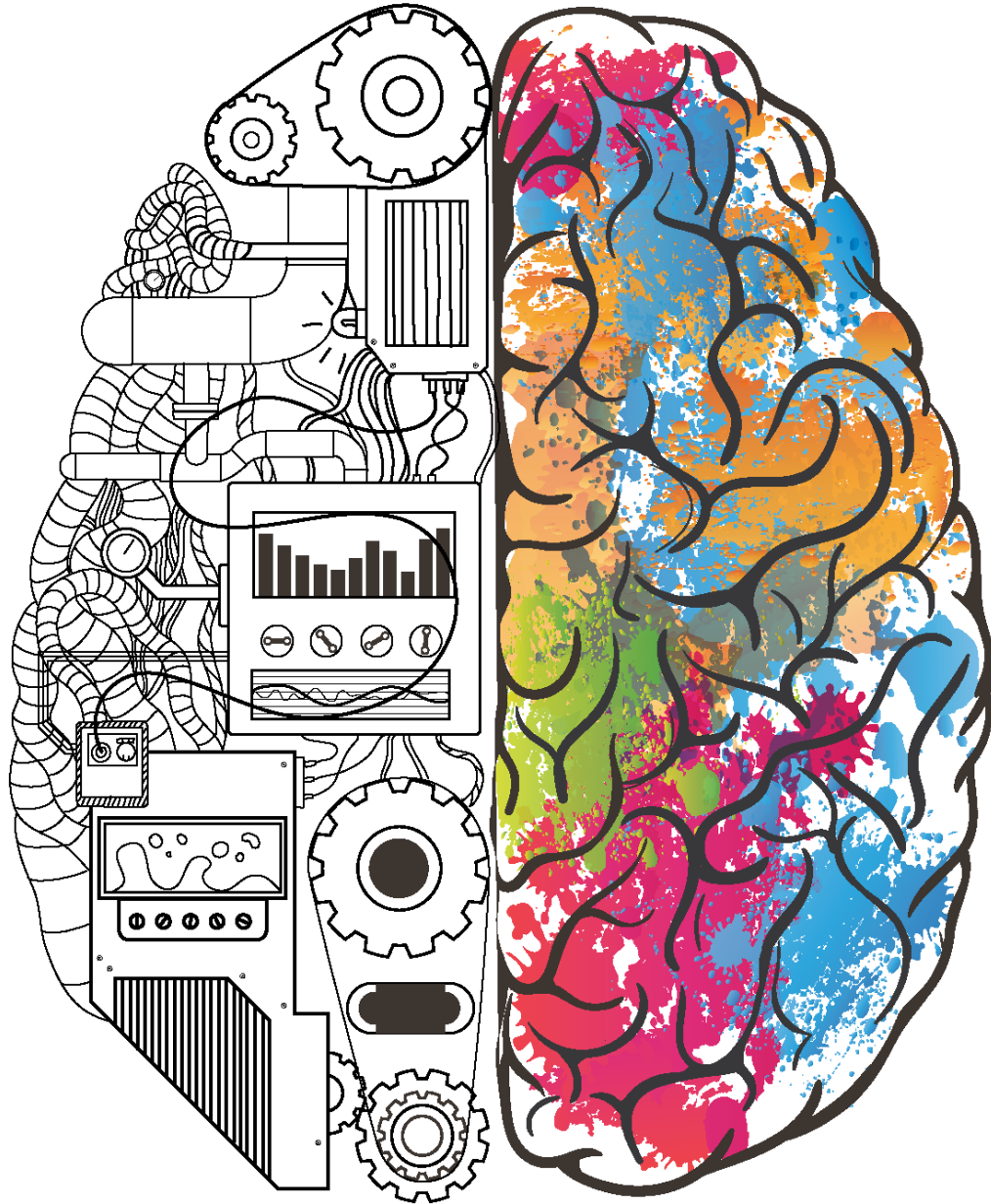


# **Suicide Awareness Resource Book**



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## Introduction

Welcome to the Suicide Awareness Resource Book!

### About this Resource Book

Suicide is a deeply personal and complex experience that impacts individuals, families, and communities in profound ways. This resource book has been created for those who have been affected by suicide, whether personally, through a loved one, or as someone offering support to others. Inside this resource book, you'll find information and support resources for individuals who have had suicidal thoughts or attempted, as well as those who are providing direct support or have lost someone to suicide.



Since there is no single “right” way to seek help as everyone’s journey in life is unique, this book offers an overview of different strategies, tools, and available resources. It will highlight services across Canada, as well as supports available through the University of British Columbia (UBC).

If you do not find the information or resources that best meet your needs from this resource book, connecting with a mental health professional, a trusted support person, or your local distress centre can help you explore other support options. Suicide prevention and healing are deeply personal journeys, and finding the right support may take time.

It is important to remember that this resource is not a substitute for professional support or personal conversations. If you or someone you know is struggling with thoughts of suicide, please reach out for support. For immediate danger or crisis situations, please call 911 or go to your nearest emergency department (See Resources and Supports section for additional support).

Remember, you are not alone. Support is available, and help exists for you and those you care about.

### Robert Young LLB’73 Student Wellbeing Fund

Our thanks to the donor whose generous support established the Robert (Bob) Young LLB’73 Student Wellbeing Fund. This fund, established in Bob Young’s memory, supports the Student Wellbeing Program at Allard Law with enhanced suicide intervention programming and resources for students.

## About Suicide

This section of the resource book will focus on understanding suicide - what it is, why it happens, and the factors that can increase or reduce its risk. Suicide is a complex and influenced by a variety of personal, social, and systemic factors. This section aims to provide a clearer understanding of suicide and how we can respond with compassion and awareness. The goal is to promote open, informed, and compassionate conversations that encouraging help-seeking and reducing stigma. This section offers valuable insights to help you navigate this topic better.

### What is suicide?

Suicide is the act of voluntarily and intentionally ending one's own life. It is a complex experience that is often influenced by multiple factors, including mental health challenges, trauma, overwhelming stress, and/or feelings of hopelessness. While suicide can sometimes seem like an impulsive act, it is often the result of prolonged distress and emotional pain.

Suicide does not have a single cause. It can be linked to mental health conditions such as depression, anxiety, or substance use disorders, but it can also be influenced by life circumstances, social pressures, and systemic barriers to support. Many people who experience suicidal thoughts do not want to die but are seeking relief from intense emotional suffering. This is why access to empathetic support, understanding, and appropriate resources is so important.

By increasing awareness and our understanding of suicide, we can work to reduce stigma, offer meaningful support, and encourage help-seeking.

### Statistics

Every year, thousands of lives are lost to suicide, and many more individuals struggle with thoughts of ending their lives. While the rate of which individuals seek support for suicide is impacted by stigma, looking at the numbers can help us understand the scale of the problem and focus on ways for early intervention.

Suicide does not discriminate and affects people of all ages, genders, and backgrounds. However, some groups are at a higher risk due to factors such as mental health challenges, stressors, social isolation, trauma, or systemic inequalities.

According to the Public Health Agency of Canada (2025), approximately 4,500 Canadians die by suicide every year, averaging to about 12 deaths per day. They found that compared to heterosexual and cisgender populations, people who identify as part of the 2SLGBTQ+ community are more likely to have suicidal



thoughts, make plans, and attempt suicide. Additionally, Statistics Canada (2019) reports suicide rates among Indigenous people to be significantly higher than non-indigenous people.

Research also highlights the significant mental health challenges within the Canadian legal profession. A comprehensive national study conducted by the Université de Sherbrooke, funded by the Federation of Law Societies of Canada and the Canadian Bar Association, revealed alarming statistics (2020-2022).

Over 57% of legal professionals reported experiencing **psychological distress** where the proportion of distress was found to be significantly higher in articling students.

Approximately 35.7% of respondents indicated symptoms of **generalized anxiety disorder** and around 28.6% of legal professionals reported experiencing **major depressive disorder**. Nearly 24% of legal professionals have had suicidal thoughts since beginning their practice.

In a Student Health & Wellbeing Survey conducted at the Peter A. Allard School of Law (2022), results indicated that 45.45% and 42.05% of the respondents reported being diagnosed with depression and anxiety since starting law school respectively. Within the population, 12.23% of individuals had thought of seriously attempting suicide in the past 12 months.

These findings emphasize the pressing need for targeted mental health support and interventions within the legal profession. Addressing these challenges is crucial to ensure the wellbeing of legal professionals.

### Using Safe Language around suicide

The way we talk about suicide matters - it shapes how people understand it, how comfortable we feel discussing it, and whether we feel safe reaching out for support. Over time, societal attitudes toward suicide have evolved, and therefore our language must evolve as well to reduce stigma and foster open, supportive conversations. Historically, the phrase “committed suicide” has been widely used, but it carries harmful connotations, implying wrongdoing or criminality. Suicide was decriminalized in Canada in 1972, and framing it as a crime only adds to the shame and isolation that many individuals impacted by suicide experience.

By using **safe, non-stigmatizing language**, we can help create an environment where people feel more comfortable discussing suicide, seeking help, and supporting one another. Words matter - choosing compassionate and respectful terminology can make a real difference in encouraging understanding and reducing barriers to support.



One approach to safe language is **people-first language**, which prioritizes the individual over their condition or experience. Instead of defining someone by their actions or struggles, this approach acknowledges their full humanity while respecting what they have been through. Our language should be neutral, inclusive, and free of judgment, ensuring that those affected by suicide feel heard and supported rather than labeled or blamed.

**Safe Language:**

- ☒ Die(d) by suicide
- ☒ Death by suicide
- ☒ Attempted suicide
- ☒ People impacted by suicide

**Problematic Language:**

- ☒ Commit(ed) suicide
- ☒ Successful suicide
- ☒ Completed/incomplete suicide
- ☒ Failed/unsuccessful attempt

By making conscious choices in the language we use, we can help break down stigma and create a culture where people feel safe discussing suicide, accessing support, and finding hope.

### Myths and facts about suicide

Misinformation about suicide can create stigma, prevent people from seeking help, and create barriers to open conversations. By addressing common myths and providing accurate information, we can foster understanding and support suicide prevention.

**Myth #1: People who talk about suicide are just seeking attention.**

**Fact:** Talking about suicide should always be taken seriously. Acknowledging and responding with compassion can provide crucial support and encourage help-seeking.

**Myth #2: If you ask someone about suicide, you might put the idea in their head.**

**Fact:** Asking about suicide does not increase the risk or encourage suicidal thoughts. In fact, it can provide relief and create an opportunity for someone to open up and seek help.

**Myth #3: Suicide happens without warning.**

**Fact:** While some suicides may seem sudden, most people show warning signs, such as withdrawing from others, expressing hopelessness, or making statements about not wanting to be alive.

**Myth #4: Only people with mental health conditions die by suicide.**

**Fact:** While mental health conditions, such as depression and anxiety, can increase risk, suicide is influenced by many factors, including life stressors, trauma, substance use, and social isolation. Anyone can experience suicidal thoughts.

**Myth #5: Once a person feels suicidal, they will always feel that way.**

**Fact:** Suicidal thoughts are often temporary and can change with time, support, and treatment. Many people who have experienced suicidal thoughts go on to lead fulfilling lives.

**Myth #6: People who survive a suicide attempt weren't serious about ending their life.**

**Fact:** A suicide attempt is a serious sign of distress and should never be dismissed. People who survive attempts may still need support and professional care to help them through their struggles.

**Myth #7: There's nothing you can do to prevent suicide.**

**Fact:** Suicide is preventable - checking in with loved ones, listening without judgment, and encouraging help-seeking can all contribute to suicide prevention.

By replacing these myths with accurate information, we can help reduce stigma, encourage open conversations, and create a community where people feel heard and supported.

[Why do people suicide?](#)



Suicide has no single cause or explanation. It is often the result of multiple interwoven factors, including psychological, social, biological, and environmental influences. While mental health conditions, such as depression, anxiety, and substance use disorders, can increase the risk of suicide, many individuals who die by suicide do not have a diagnosed mental illness. External circumstances, such as overwhelming stress or life crises, can play a significant role.

People who consider suicide often experience intense emotional pain, hopelessness, or a sense of being a burden to others. They may feel that there is no way forward or that their suffering will never end. Suicidal thoughts can arise from various challenges, including:

- **Mental Health Conditions:** Depression, bipolar disorder, PTSD, and other mental illnesses can contribute to suicidal ideation.
- **Trauma and Abuse:** Experiences of childhood trauma, sexual violence, or domestic abuse can increase vulnerability.
- **Social Isolation and Loneliness:** A lack of meaningful connections can lead to feelings of hopelessness and detachment.
- **Loss and Grief:** The death of a loved one, relationship breakdowns, or major life transitions can trigger suicidal thoughts.
- **Financial or Legal Stress:** Job loss, financial instability, legal troubles, or academic pressures can create overwhelming distress.
- **Chronic Illness or Pain:** Physical health conditions can contribute to feelings of hopelessness.
- **Discrimination and Oppression:** Marginalized groups, including LGBTQ+ individuals, Indigenous communities, and racialized populations, may face unique stressors that increase suicide risk.

### Risk and protective factors

Understanding the factors that influence suicide can help with prevention and early intervention. Suicide risk is influenced by a combination of biological, psychological, environmental, and social factors. While some factors increase vulnerability to suicide (risk factors), others help protect individuals by fostering resilience and support (protective factors).

### Risk Factors

Risk factors are what may increase the likelihood of suicidal thoughts or behaviors. While having one or more risk factors does not mean someone will attempt suicide, they can increase distress and foster a greater sense of hopelessness.



Individual Risk Factors	Environmental Risk Factors	Social & Cultural Risk Factors
<ul style="list-style-type: none"> <li>• Mental health conditions</li> <li>• Previous suicide attempts</li> <li>• Substance use disorders</li> <li>• Impulsivity and poor emotional regulation</li> <li>• Chronic Illness or Disability</li> </ul>	<ul style="list-style-type: none"> <li>• History of trauma or abuse</li> <li>• Financial or legal problems</li> <li>• Loss of a loved one</li> <li>• Major life transitions (e.g., Starting law school)</li> </ul>	<ul style="list-style-type: none"> <li>• Social isolation and loneliness</li> <li>• Stigma around mental health</li> <li>• Family history of suicide</li> <li>• Experiencing discrimination or oppression</li> </ul>

## **Protective Factors**

Protective factors help reduce the risk of suicide by providing emotional support, coping strategies, and a sense of purpose. Strengthening these factors can enhance resilience and improve mental well-being.



<b>Individual Protective Factors</b>	<b>Environmental Protective Factors</b>	<b>Social &amp; Community Protective Factors</b>
<ul style="list-style-type: none"><li>• Strong coping skills and problem-solving abilities</li><li>• Sense of purpose, goals, and hope for the future</li><li>• Engagement in meaningful activities</li><li>• Physical health and self-care practices</li></ul>	<ul style="list-style-type: none"><li>• Connectedness to school, work, or social groups</li><li>• Safe and inclusive environments</li><li>• Reduced access to lethal means of suicide</li><li>• Access to clinical support</li></ul>	<ul style="list-style-type: none"><li>• Strong support systems and sense of belonging</li><li>• Access to mental health care services</li><li>• Cultural and religious beliefs</li></ul>

## **Warning signs of Suicide**

Suicide is often preceded by warning signs - verbal, emotional, or behavioral cues that someone may be struggling. Recognizing these signs can help friends, family, and professionals offer timely support.

### **Verbal Warning Signs**

- Expressing hopelessness or having no reason to live (e.g., “There’s no point anymore,” “I feel like a burden”)
- Talking about wanting to die or ending their life (e.g., “I just want it all to stop,” “I wish I could disappear”)
- Saying goodbye in a way that feels unusual or final

### **Behavioral Warning Signs**

- Withdrawing from others or social activities
- Changes in sleep patterns
- Loss of interest in activities
- Giving away personal belongings
- Engaging in reckless behavior – Increased drug or alcohol use, reckless driving, or self-harm
- Searching for means to end their life – Looking up methods of suicide, stockpiling pills, or acquiring weapons

## Emotional and Psychological Warning Signs

- Intense mood swings
- Deep sadness or despair
- Uncontrolled emotions, frustration, hopelessness, or feeling worthless

## Supporting someone in crisis

### How to have a conversation about suicide

Talking about suicide can feel scary, but it's one of the most important things you can do for someone who is struggling. If you're not sure where to start, here are some ways to approach the conversation with care and compassion.

1. **Start with Kindness and Concern** - You don't have to say anything perfect you just need to let them know you care. You might notice a change in their mood or behavior and want to check in:
  - "I've noticed you've seemed really overwhelmed lately, and I just wanted to check in. How are you feeling?"
  - "I care about you, and I want you to know I'm here. Can we talk?"

Sometimes, just asking how someone is doing can open the door for an honest conversation which can go a long way.



2. **Ask Directly About Suicide** - If you think someone might be having suicidal thoughts, don't be afraid to ask them directly. It might feel uncomfortable, but they may feel relieved about being able to talk about it.
  - "Are you thinking about ending your life?"
  - "Sometimes when people feel this way, they think about suicide. Are you having thoughts like that?"

If they say **yes**, don't panic, stay calm and let them know you're here for them. If they say **no**, they'll still know that you're a safe person to talk to if those thoughts ever come up in the future.

3. **Really Listen** - When someone opens up, the most powerful thing you can do is just listen. You don't need to have all the answers and you don't need to "fix" them. You just need to be present.
  - What to say:
    - "That sounds really painful. I'm so sorry you're feeling this way."
    - "I'm here, and I want to understand what you're going through."

- What NOT to say:
  - *Anything dismissive* - “You have so much to live for.”
  - Judge them for their feelings – “That’s selfish, think about your family.”
  - “Just think positive.” → They likely can’t do that right now

The goal is not to cheer them up, it’s to help them feel seen, heard, and valued.

4. **Offer Hope** - People struggling with suicidal thoughts often feel hopeless. Instead of trying to “fix” their pain, remind them that support is available.

- “I care about you, and I want to help you through this.”
- “You’re not alone. We can figure this out together.”

Focus on being present and letting them know that their pain is real, but so is the possibility of support and healing.

5. **Help Them Find Support** - You don’t have to do this alone, and neither do they. Encourage them to reach out to a crisis line, a therapist, or a trusted person in their life.

- “Would you be open to talking to a counselor or calling a support line together?”
- “I can help you find someone to talk to. You don’t have to go through this alone.”

If they are in immediate danger, do not leave them alone. Stay with them and help them get emergency support. Call **911** or a local crisis line to get them the help they need.

6. **Keep the Conversation Going** - One conversation won’t solve everything. Checking in can remind them they’re not alone.

## Coping, Healing, and Prevention

### Self-care for those who are experiencing suicidal thoughts

When you’re struggling with suicidal thoughts, even the smallest tasks can feel overwhelming. While seeking professional help is an important step, there are also small, immediate ways to take care of yourself in moments of distress.

1. **Find Small Moments of Comfort** - try to engage in activities that bring small moments of relief:



- Wrap yourself in a blanket and focus on the warmth.
- Listen to a song that makes you feel grounded.
- Take deep, slow breaths
- Focus on your senses (what can you see, touch, hear, smell, and taste?)

2. **Challenge the Critical Voice in Your Head** - Suicidal thoughts can be loud and convincing, but they are not the truth. When your mind tells you that things will never get better, try to pause and ask:
  - “Is there a small chance that things could change?”
  - “Have I felt this way before, and did it pass?”
  - “What would I say to a friend who felt like this?”
3. **Connect with Someone** - You don’t have to go through this alone. If reaching out to a friend or family member feels too hard, start small:
  - Text a crisis line, you don’t have to speak out loud.
  - Write down what you’re feeling - sometimes putting it into words can help.
  - Let someone know you’re struggling, even if it’s just: *“I don’t feel okay today.”*

### Coping strategies for those affected by suicide

Losing someone to suicide or supporting someone through suicidal thoughts can be deeply painful and overwhelming. Everyone grieves and copes differently, but here are some ways to support yourself through this experience.

1. **Allow Yourself to Feel** - There is no “right” way to grieve. You might feel sadness, anger, guilt, numbness, or all of these at once. Whatever you feel is valid. Try not to judge your emotions and let them come and go without guilt.
2. **Find Ways to Express Your Pain** - Holding everything inside can be exhausting. Find a way to express your feelings, whether it’s:
  - Talking to someone you trust
  - Writing in a journal
  - Creating art or music
  - Spending time in nature
3. **Seek Connection and Support** - You don’t have to go through this alone. Reach out to:
  - Trusted friends or family
  - Support groups
  - A therapist or counselor
4. **Release Self-Blame** - It’s common to wonder *“What could I have done differently?”* Suicide is complex and no single person is responsible for another’s actions. Be kind to yourself - you did the best you could with the knowledge and resources you had at the time.



5. **Find Meaning in Your Healing** - There's no timeline for grief, but over time, you may find ways to honor your loved one's memory. Some people channel their pain into advocacy, community work, or personal healing.

## Supporting yourself while helping others

When you're supporting someone who is struggling, it's easy to pour all your energy into them and forget to take care of yourself. But you can't help others effectively unless you look after yourself as well. Here are some ways to look after yourself while being there for someone else.

1. **Set Emotional Boundaries** - You can offer support, but you are not responsible for saving someone. If their pain starts to weigh on you, remind yourself:

- "I can care about them without carrying their pain."
- "I am doing my best, and that is enough."

2. **Take Breaks When You Need To** - Supporting someone can be exhausting. It's okay to:

- Step away for a bit and recharge.
- Encourage them to reach out to other supports, not just you.



3. **Find Someone to Support You Too** - Helping someone through a crisis can bring up a lot of emotions. Make sure you have your own support system
4. **Prioritize Your Own Wellbeing** – Make sure to get enough sleep, nourish your body, and engage in activities that bring you joy or peace.

## The Impact of Suicide

### Understanding suicide loss and grief

Losing someone to suicide is a heavy and life-altering experience. Unlike other types of loss, suicide, it often comes with layers of stigma, unanswered questions, and intense emotions that can make the healing process even more challenging.

### The Search for "Why?"

Survivors of suicide loss often struggle with the unanswered question, *"Why did they do this?"* They might replay conversations, look for missed signs, or wonder if they could have done something differently. While it's natural to search for answers, it's important to remember that suicide is complex and never caused by just one thing but the result of many factors that often go unseen.

### Feelings of Guilt and Self-Blame

It's common to wonder, *"Could I have stopped this?"* or *"Did I miss the signs?"* The reality is that no one person is responsible for another's suicide. You did the best you could with the knowledge and resources you had at the time. Letting go of self-blame is one of the hardest but most important steps in healing.

### The Stigma and Isolation

Suicide loss can oftentimes carry stigma, making it difficult to talk about openly. Some people may avoid the topic, ask painful questions, or make insensitive comments. This can make survivors feel even more isolated in their grief. It's important to find safe spaces where you can talk freely - whether it's with close friends, a support group, a therapist, or others who have experienced similar loss. You are not alone in this.



### The Rollercoaster of Emotions

Grieving a suicide loss can bring intense and conflicting emotions, sometimes all at once: shock and disbelief, anger, sadness and loneliness, guilt, and relief (in some cases).

### Finding meaning after loss

After losing someone to suicide, it can feel impossible to find meaning in the pain. Healing doesn't mean forgetting or "moving on" but rather learning to carry the loss while continuing to move forward.

### Give Yourself Permission to Grieve in Your Own Way

There is no timeline for healing and everyone grieves differently. Some people need to talk about their loss, while others prefer to process it privately. Some find comfort in rituals, such as lighting a candle, visiting a special place, or creating something in memory of their loved one. Do what feels right for you.

Finding ways to honor your loved one's memory can be a powerful step in healing. Some people choose to:

- **Write a letter** to their loved one.
- **Create a memorial** (a scrapbook, art, or an online tribute).
- **Support a cause** related to mental health or suicide prevention.
- **Do something meaningful** in their honor, like volunteering or participating in awareness events.

### Let Go of the Need for All the Answers

You may never fully understand why your loved one chose to end their life. Healing does not come from finding every answer, but from learning to live with the unknown. With time, you can begin to hold space for love, memories, and healing.



### **Find Support in Others Who Understand**

Talking to other suicide loss survivors can be incredibly healing. Support groups provide a space where you can share your experience with people who truly understand. Therapy can also help you navigate the complicated emotions that come with suicide loss.

### **Allow Yourself to Experience Joy Again**

After a suicide loss, it's common to feel guilt for moments of happiness. You might think, *"How can I laugh or enjoy life when they are gone?"* But finding joy does not mean you are forgetting them; it means you are choosing to live while still carrying their memory with you.

Healing is not about leaving your loved one behind; it's about carrying them with you in a way that allows you to keep going.

## **Suicide Prevention and Hope**

### **Suicide prevention strategies**

**Promoting Safe and Open Conversations** - One of the most powerful tools for suicide prevention is talking about it. By normalizing conversations about mental health and suicide, we create an environment where people feel safe asking for help.

**Strengthening Social Connections** - Loneliness and isolation can increase the risk of suicide, while strong social support networks serve as a protective factor. Even small acts of kindness, like a phone call, a text, or spending time together, can make a big impact.

**Identifying and Supporting People at Risk** - Early intervention is key to suicide prevention. Recognizing warning signs and risk factors allows us to support those who may be struggling before they reach a crisis point.

**Increasing Access to Mental Health Support** - Having access to professional support can be life-saving. Unfortunately, many barriers such as stigma, cost, and lack of availability can make it difficult for people to seek help.

**Learning Coping Skills and Resilience** - Suicide prevention is also about building resilience and helping people develop the skills to manage life's challenges.

**Supporting Those Affected by Suicide** - Suicide prevention also includes supporting those who have lost someone to suicide. Suicide loss survivors are at a higher risk of experiencing suicidal thoughts themselves, and they need compassion, resources, and understanding.

**Encouraging a Culture of Help-Seeking** - Many people experiencing suicidal thoughts hesitate to ask for help due to the associated stigma. Changing the way we view help-seeking can make it easier for people to reach out before a crisis occurs. Seeking help is a sign of strength, not weakness.

## Resources and Support

No one has to face suicidal thoughts or the impact of suicide alone. Whether you're struggling yourself, supporting someone in crisis, or grieving a loss, there are resources available to help. This section provides a list of crisis services, mental health support, and community-based resources that can offer guidance, comfort, and practical assistance.

### Crisis and support resources

1. **Vancouver Crisis Line:** 24/7 phone support for crisis and/or distress which requires immediate response.  
**Phone:** 1-800-784-2433
2. **Vancouver General Hospital Access & Assessment Centre** - Provides mental health and substance services with on-site assessment, crisis intervention and short-term treatment. They accept walk-ins and operate from 7:30 am to 9:30pm.  
**Phone:** 604-675-3700  
**Location:** 803 West 12th Avenue
3. **Suicide Crisis Helpline** - A free and confidential service providing crisis support for anyone struggling with thoughts of suicide, as well as support for those concerned about someone at risk.  
**Text or Call:** 988  
**Website:** <https://988.ca/>
4. **Hope for Wellness Help Line** (For Indigenous Peoples) – Immediate mental health support for Indigenous individuals, available 24/7 in English, French, Cree, Ojibway, and Inuktitut.  
**Call:** 1-855-242-3310  
**Text:** <https://hopeforwellness.ca>
5. **Trans Lifeline** – Peer support run by and for transgender people, offering confidential crisis support and resources.  
**Phone:** 1-877-330-6366 (Peer support for transgender individuals)  
**Website:** <https://translifeline.org/>
6. **Heads Up Guys** - Mental health resources specifically for men, focusing on depression and suicide prevention.  
**Website:** <https://headsugguys.org/>
7. **Here2Talk** - Free, immediate, confidential counselling and community referral services available 24/7 via app, phone, and web to all UBC students.  
**Canada-Wide Toll Free:** 1-877-857-3397  
**Website:** <https://here2talk.ca/main>

8. **Lawyers Assistance Program of BC** - Provides counselling and wellbeing workshops to Lawyers and Law Students in BC.  
**Phone:** 1-888-685-2171
9. **BC Bereavement Helpline** – Support groups, grief counseling referrals, and crisis support for those coping with loss, including suicide loss survivors.  
**Phone Toll Free:** 1-877-779-2223  
**Website:** [www.bcbh.ca](http://www.bcbh.ca)
10. **Centre for Suicide Prevention** – A hub for evidence-based suicide prevention resources, training programs, and research.  
**Website:** [www.suicideinfo.ca](http://www.suicideinfo.ca)

### UBC specific resources

1. **Allard Embedded Counselling:** One on one counselling appointments for students to discuss any personal or academic concerns  
**Booking Link:** <https://ubcshw.inputhealth.com/>
2. **UBC Counselling Services** - Wellness advising, counselling appointments and group therapy options are available.  
**Phone:** 604-822-3811  
**Website:** <https://students.ubc.ca/health/counselling-services>
3. **UBC Student Health Services** - Book an appointment for help with your health concerns.  
**Booking link:** <https://ubcshw.inputhealth.com/ebooking>
4. **UBC AMS/GSS Student Care** - The Student Health Care Plan covers up to 100% of the cost for Private Psychologists, Registered Clinical Counsellors, and Psychological Associate or Social Work with a maximum of \$1,250 per policy year. More information on how to submit a claim available on their website at <https://www.studentcare.ca/>

*For immediate danger or crisis situations, please call 911 or go to your nearest emergency department.*

### Closing Remarks

Suicide is a difficult and deeply personal topic, but by talking about it openly, we can break the silence and reduce the stigma that prevents so many from seeking help. Whether you are struggling yourself, supporting someone in crisis, or grieving a loss, know that you are not alone. There is support available, and there is always hope, even in the darkest moments.

This booklet is meant to provide guidance, resources, and reassurance that help exists and healing is possible. If you or someone you care about is struggling, please reach out to a friend, a counselor, a crisis service, or a trusted support network. Your life matters and there are people who care about you and want to help.

Together, through understanding and compassion we can create a world where no one has to face their pain alone.