

# Getting Help

If you are experiencing a mental health **emergency** and require immediate attention, please **call 911** or go to your local Emergency Room.

If you are experiencing a crisis related to mental health or addiction:

- Call the **COAST (Crisis Outreach and Support Team)** crisis line at **1-877-825-9011** if you are 16 or older. COAST is available 24 hours a day, 365 days a year
- Call the **ROCK (Reach Out Centre for Kids)** crisis line at **905-878-9785** if you are 17 or younger. The crisis line is available 24 hours a day, 365 days a year, and parents and/or caregivers may also call.

If you are looking for listening, befriending, and support for problems you can't solve alone, call **Distress Centre Halton**. Their services are available to people of all ages throughout Halton.

**Oakville - 905-849-4541**

**Burlington - 905-681-1488**

**Halton Hills - 905-877-1211**

For more information or to view this brochure online, visit: [haltonspc.ca/getting-help](https://haltonspc.ca/getting-help)



A mobile app and pocket guide to connect you with mental health and addiction services.

### This app helps you:

- Create a safety plan
- Find local resources for support
- Be prepared if you find yourself in a crisis

*Halton resources provided by:*



**BeSafeApp.ca**



The **Halton Suicide Prevention Coalition** (HSPC) is a collaborative of individuals and organizations in the Halton communities of Burlington, Oakville, Milton and Halton Hills.

We work together to provide leadership, advocacy and education in the areas of suicide awareness, suicide prevention, suicide intervention and suicide postvention.

[haltonspc.ca](https://haltonspc.ca)

# Prevent Suicide

## Ways to Make Your Home Safer

Reducing suicides by making changes at home



## Restricting access to means of suicide gives individuals contemplating suicide time to reconsider.

You can create a safer home environment by paying attention to the following in your home:

**Medications** Ensure that all medications, both prescription and over the counter, are secured.

**Chemicals** Remove and lock up harmful poisonous chemicals.

**Alcohol and drugs** Judgement and impulse control are impaired by alcohol and drugs. A number of suicide attempts occur while someone is under the influence of drugs or alcohol.

**Listen** Support a loved one by listening to their feelings without judgement or dismissal.

**Keep crisis centre hotlines handy** Keep a list of crisis services handy. This brochure lists some resources. The vulnerable person may wish to contact them and they may be good resources for your own questions.

**Car keys** Restrict access to vehicle keys to prevent someone leaving or starting the vehicle without your knowledge.

**Firearms** Remove or lock up firearms and ammunition. It is illegal not to lock firearms and ammunition.

**Detectors** Install smoke and carbon monoxide detectors.

**Self-harm Means** Put away sharp objects, cords, ropes, knives etc.



# REDUCE SUICIDES BY CREATING A SAFER HOME

Follow these practices to keep your loved ones safe.

