

Resources for suicide prevention

Thoughts of suicide are common and may not necessarily be problematic. However, if they become intrusive, or if you ever consider acting upon such thoughts or impulses, we implore that you seek help. Talking to family, friends, or trusted others can help make feelings, thoughts, and impulses more manageable. Mental health professionals, counsellors, Samaritans, Helplines, and emergency services in your local area can help.

Please view the videos linked below and visit [here](#) or [here](#) for directions to suicide prevention resources in your country (if your country is not included in either list, please google suicide prevention + your country, city, or region for such services).

There is hope!

Please click these links for videos from mental health professionals, survivors, and those left behind on how to deal with thoughts of suicide and how to get help:

Mental health professionals:

- “Suicide and Borderline Personality Disorder: There is help and hope out there” by doctor Daniel Fox, PhD and licensed psychologist: <https://youtu.be/JLf3197LMZk>
- “Suicidal thoughts: When and how to reach out for help?” by licensed therapist Kati Morton: <https://youtu.be/Ww8zxTg7KQA>

Survivors:

- “8 tips for dealing with suicidal thoughts” by Psych2Go: <https://youtu.be/n3ZkL5T5Y5M>
- When going through hell, don’t stop: “How I coped with suicide and depression” by survivor, author and mental health educator Douglas Bloch: <https://youtu.be/GJ58hvOIpp4>
- “Choose to live (Suicide prevention campaign” with survivor stories: <https://youtu.be/SLtUijyiOtc>

Relatives:

- “If you’re thinking of suicide, please consider this” by bereaved father Frank Larkin: <https://youtu.be/zxSrmqgHFvc>