

# THROUGH THE PAIN

## HELPING A SUICIDAL PERSON TOOLKIT



*The Evangelical Fellowship of Canada's Aboriginal Ministries Council, together with My People International, has produced a one hour training DVD on suicide prevention. It is designed for workshop facilitators, group leaders, instructors, educational boards and mental health advocates, and can be adapted to fit into existing educational frameworks.*

*"Through the Pain" provides guidance on how to address, approach and provide intermediary short term assistance to those exhibiting suicidal thoughts and behaviours.*

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## ESSENTIAL PREVENTION INITIATIVES

### HOW A PERSON BECOMES SUICIDAL

Watch the moving narrative about *Andrew*, a typical young Aboriginal man: intelligent, artistic, naturally athletic and handsome. He is taken to church regularly by loving parents. Yet, his emotional pain grew so acute that ending his life seemed better than struggling on hopelessly. Andrew overdosed and came close to death. How did such promise turn so ugly? And why is such pain typical for so many Aboriginal people?

Use this dramatized true story to learn how life's circumstances can contribute to feelings of isolation and hopelessness that leads some to choose death as an option. This can be an opportunity to draw out dialogue addressing personal fears and thoughts behind suicide.

### FACTS

Seven key facts are highlighted and addressed in interviews that prepare a context for the workshop facilitator to delve deeper with participants about the truth behind suicide.

### ASK LISTEN HELP

Easy to remember, these three steps are simple and strategic when providing assistance. Being emotionally prepared is important so that effective help can be provided. Have participants learn these steps so they can apply them to any of life's SOS situations.

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The Aboriginal Ministries Council operates on the administrative and communications platform of The Evangelical Fellowship of Canada. It brings together Aboriginal Christian leaders from various communities across Canada. The Council acts as a bridge between the Aboriginal and non-Aboriginal Church, seeking to provide resources that will enhance communications and enrich the Church as a whole.

My People International is a non-denominational cross-cultural Christian ministry to Native North Americans. Though predominantly comprised of Native people, the staff and board of My People International reflect a strong commitment to Native leadership development in an intercultural setting.

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