

Social Media Statement about Crisis Lines

We have heard that some folks may be hesitant to use the Crisis Lines. We thought that clarifying some of our policies might be helpful.

- 1) **You do not have to have thoughts of suicide to use the Crisis Lines.** People can call Klinik's Crisis Lines (204)786-8686 for any reason. Loneliness, isolation, anxiety, depression or any other kind of struggle are all good reasons to call if you would like some support.

If you ARE experiencing thoughts of suicide, are worried about someone else being suicidal or have lost someone to suicide, we also have the Manitoba Suicide Prevention and Support Line (1-877-435-7170) that people can call.

- 2) **We will likely ask you whether you are having any thoughts of suicide.** This is a standard question for a crisis line call. If you are not having any thoughts, we will move on. If you are experiencing thoughts of suicide, we will encourage you to talk more about it. If we are not concerned about your immediate safety, it would just be a chance to talk. If we are concerned, we would figure out the next steps together.
- 3) **If you are having thoughts of suicide, we will make every effort NOT to call police.** Because suicide is often a taboo topic, we want to be a safe place to discuss thoughts and feelings about suicide. We work from the assumption that if people are reaching out, they usually have some hope or some part of them that may want to live. We only have a responsibility to intervene if someone is at immediate risk of killing themselves, is threatening someone else or we are concerned for the welfare of a child. We do our best to work with callers around all possible options before calling police.

Thank you for sharing this information with others so that more folks can feel safe calling the Klinik Crisis Lines for support.

