Peter Ewart Middle School

A Collection of Resources for our PEMSchool community.

Thoughts of Self Harm or Suicide

horizontal line

**If a student feels they are at imminent risk to harm themselves, please call 911, The START team, or report directly to the emergency room if it is safe to drive**

# START Team 1.844.782.7811

* Monday to Friday 9 am - 9 pm
* Weekends 12 pm - 9 pm
* During this challenging time, START is open for consultation and assessments over the phone only
* This resource can complete phone-based assessments and will meet with students with thoughts of self-harm and global mental health concerns. They are based out of Surrey Memorial Hospital and are an important resource to call before going to the ER in case there is a more immediate concern.
* <https://www.fraserhealth.ca/Service-Directory/Services/mental-health-and-substance-use/mental-health---child-and-youth-services/start-team---short-term-assessment-response-treatment#.Xe_AWi2ZPUp>

# South Fraser Crisis Line 604.951.8855

* 24hr suicide prevention and follow-up for youth aged 18 and under

# Crisis Centre (for Immediate Crisis/Distress) 1.800.784.2433

# SPEAC (Suicide Prevention Education And Counselling)

* A counselling resource for students at medium to high risk of suicide. This service can also connect with parents and often provides counselling sessions for students.
* You may register for this program directly by calling a SPEAC Intake Worker at 604.584.5811
* <https://www.options.bc.ca/program/suicide-prevention-education-and-counselling>

# Resource for Understanding Self-Harm

* <http://teenmentalhealth.org/understanding-self-injury-self-harm/>

# Resource for Understanding Self-Harm and Suicidal thought

* This is a wonderful collection of resources on a number of topics. Please scroll down for information on self-harm and suicidal thought
* <https://youthspace.ca/youthspace-resources/>

# A doctor’s check in is always a positive step to ensuring other health-related concerns are not causing complications for your child. Please reach out to your school counsellor to check in about other supports that are available. I can be reached at: [salexander@sd35.bc.ca](mailto:salexander@sd35.bc.ca)