



## CCA Master Class: The Interplay of Mental Health Concerns with Chronic Pain

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### Support Tips for Suicidality Resources

#### If a patient reports having had suicidal thoughts:

1. Query if they are actively suicidal (they have the intention, a plan and a means to attempt suicide).
2. If they are actively suicidal, contact local crisis intervention services and/or arrange for the person to get to their local ER. If you are working within a collaborative setting that employs mental health practitioners who are available for immediate intervention, connecting the patient with these practitioners is also an option.
3. If the person is not actively suicidal, but has had suicidal thoughts or there has been a previous attempt, provide the patient with a list of local crisis/support lines and their hours of operation. Note that a list is important because some crisis/support lines may be overloaded and patients should, if at all possible, have a variety of options.
4. Encourage the patient to have this list and any Safety Plan readily available - crisis lines/safety plans are more likely to be used if readily accessible to the patient in a time of need.
5. Ask the patient if they are open to using the numbers on the list and, if they are hesitant, query and explore any hesitancy with the patient.
6. Safety Plan: Query if the patient has a safety plan in place. If a Safety Plan has been developed engage in collaborative care with the patient's mental health practitioner by ensuring that you both have access to the Safety Plan.

#### One national resource you could offer:

##### CRISIS SERVICES CANADA

Website (English): <https://www.crisisservicescanada.ca/en/>

Website (French): <https://www.crisisservicescanada.ca/fr/>

Phone (24/7/365): 1-833-456-4566 or 1-866-277-3553 in Quebec

Text (4 pm to midnight ET): 45645 (French Text support is currently unavailable)

Note that the website of Crisis Services Canada also provides a list of additional and provincially based talk/text services.