

Suicide is preventable.

Community-based strategies have proven effective.

Training

Gatekeepers – teachers, coaches, police officers and other first responders, spiritual leaders, human resource staff – often have contact with vulnerable populations. By knowing what to watch for, how to talk safely about suicide and where to refer people for help, these gatekeepers are a valuable resource.

Awareness

Raising public awareness on suicide prevention and community resources for suicide and mental health with online and traditional promotion tactics is critical. National suicide prevention services need to be created to support those in crisis and those who are bereaved by suicide.

Restrict

Restricting access to common means of suicide, such as firearms, jumping spots, and poisoning agents, gives individuals contemplating suicide more time to reconsider.

Research

Having strong evidence and information on suicide prevention will assist in addressing the issue, help identify populations at high risk and demonstrate which evidence-based practices are the most effective.

Support

Additional support needs to be provided for those who have thoughts of suicide or have attempted suicide. Connections between primary care and mental health services should be enhanced and peer support groups established, particularly for vulnerable populations.

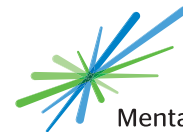


Mental Health Commission of Canada

Suite 1210, 350 Albert Street, Ottawa, ON K1R 1A4 Tel: 613.683.3755 Fax: 613.798.2989

info@mentalhealthcommission.ca www.mentalhealthcommission.ca

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