

WORLD SUICIDE **PREVENTION DAY**

September 10, 2013

HOPE AND RESILIENCY – AT HOME AND AT WORK

“Suicide is most often the result of pain, hopelessness, disconnection and despair. It is almost always preventable through caring, compassion, commitment and community.”

– The CASP National Suicide Prevention Strategy

Suicide is an issue that is still surrounded by fear, shame and silence—but by breaking through the barrier of stigma and openly addressing the factors that contribute to suicide, we can all help to prevent it.

On September 10, let's make the time to join the worldwide movement to save lives.

Each year on the 10th day of September, a commitment to saving lives brings together communities from across Canada and around the world.

Suicide is the second leading cause of death among people aged 15 to 34.

TAKE ACTION

- Share **this package with others.**
- **Learn** how to recognize the **signs.**
- Download posters from **CASP at www.suicideprevention.ca.**
- Light a candle at **8:00 pm.**
- Host local activities in **your community.**
- **Join us and others** in Ottawa on Parliament Hill.
- Most importantly, speak up and get the conversation going!

For more information on the activities listed above, visit: www.iasp.info/wspdl/ and www.suicideprevention.ca

Last year, more than 3,500 Canadians died by suicide.

World Suicide Prevention Day is also an opportunity for Canadians to reflect on those who died by suicide and to support those bereaved because of it.

Let's make the time to play our role.

Canada's theme this year is on **Hope and Resiliency at Home and Work**. Families and work places play a critical role in helping their family members and employees develop the skills and abilities to cope with the unavoidable stresses, and challenges of life across the life span. This campaign is intended to provide tools to strengthen connections, promote conversations about mental wellness, and know how we can help protect and care for each other during times of crisis.

The Mental Health Commission of Canada and the Canadian Association for Suicide Prevention are committed to the prevention of suicide in Canada and have made work in this area a top priority.

Prevention is also a critical element of the national mental health strategy, available on the MHCC website at www.mentalhealthcommission.ca.

For more information on world suicide prevention day and to download brochures, posters and other important tools to share with friends and colleagues, visit the Canadian Association for Suicide Prevention website below.

Know WHEN to Ask About Suicide

These warning signs were compiled by a task force of expert clinical researchers. Each letter corresponds to a risk factor noted as frequently experienced or reported within the last few months before a suicide. If any of these are observed or experienced seek help as soon as possible by contacting a mental health professional, physician, your local distress line or community hospital.

Ideation (suicidal thoughts)
Substance Abuse
Purposelessness
Anxiety
Trapped
Hopelessness/Helplessness
Withdrawal
Anger
Recklessness
Mood changes

A significant portion of those contemplating suicide are experiencing anxiety, depression, hopelessness and lack of connection.



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

www.suicideprevention.ca