It’s time to shine a light on the issue of suicide in Canada. Every 131 minutes, a Canadian dies by suicide.

3,900 Canadians die every year as a result of suicide.

*Changing Directions, Changing Lives: The Mental Health Strategy for Canada*
We need more tools to help prevent suicide.

#308CONVERSATIONS is about creating lasting solutions that work for Canadians from coast to coast to coast.

Start a conversation. Add your light.

#308CONVERSATIONS is designed to spark conversations with Canadians about suicide prevention. The goal is to share the best ideas and work together to create lasting solutions that will serve all of our communities.

The results will be gathered to produce a working community model with tools and solutions that can be shared as a resource for communities across Canada.
How to begin the conversation in your riding:

1. The Mental Health Commission of Canada will be providing you with a #308conversations “event in a box” toolkit.

2. The #308conversations toolkit will provide you with everything you need to get the suicide prevention conversation started in your riding.

3. Start #308conversations with your constituents.

Once you’ve gotten input from your community, get back in touch with the Mental Health Commission of Canada with feedback on how we can develop a best practice suicide prevention community model.

#308conversations

Shine your light, add your voice, and help start a national conversation on suicide prevention.
Start a #308conversation and shine your light on the issue of suicide. It’s time to start talking.

Visit mentalhealthcommission.ca/308conversations for more information on how you can shine your light.