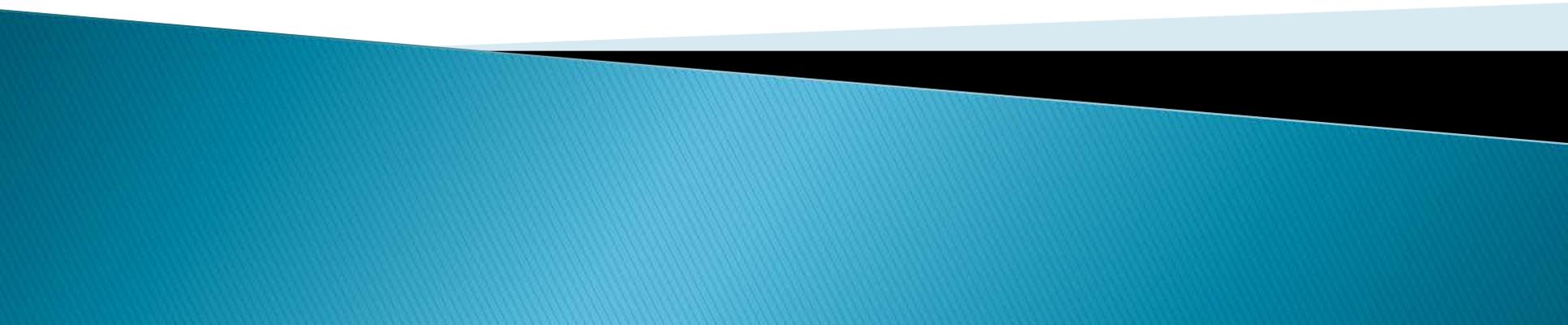




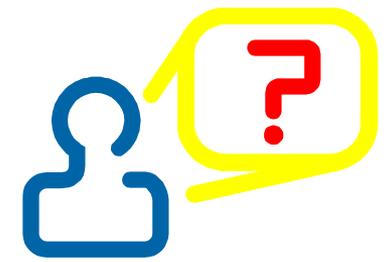
SUICIDE PREVENTION

Presented by:





Why Do People Think About Suicide?



- ▶ People who consider suicide They have an extreme sense of hopelessness, helplessness, and desperation.
 - ▶ People who attempt suicide do not necessarily want to die but put an end to the suffering.
 - ▶ Suicide is *NOT* often a result of just one factor. There are many complex reasons why people think about suicide.
- 



Who is at Increased Risk?

People who:

- Have had previous suicidal behaviour.
 - Have experienced trauma.
 - Have a serious physical or mental illness
 - Abuse alcohol or drugs.
 - Are experiencing major loss.
 - Are experiencing major life changes.
 - Are socially isolated.
- 



Stigma and Misconceptions

- ▶ Stigma is a negative stereotype that can lead to discrimination.
 - ▶ Fear of stigma prevents people with mental health problems from seeking help
 - ▶ We each have the capacity to help break down stigma and fear in our communities
- 



Resiliency

- ▶ Resiliency is a protective factor against suicidal behaviors.
- ▶ Resilience is the process of "bouncing back" from difficult experiences.
- ▶ Resilience can be learned through thoughts, behaviors and actions. It can be learned and developed in anyone.





Supporting Suicide Prevention Across the Lifespan



Children

Resources:

- Youth-Focused Warning Signs Poster
- Warning Signs Post Cards
- Crisis Line Magnets
- Youth-Focused Suicide Prevention Banners
- Suicide Prevention Poster Display

Trainings:

- Tattered Teddies

Presentations:

- Preventing Suicide and Self-Harm Behaviour in Youth
PowerPoint Presentation (older children)



Youth

Resources:

- Youth-Focused Warning Signs Poster
- Warning Cards and Magnets
- Youth-Focused Suicide Prevention Banners
- Suicide Prevention Poster Display
- Be a Lifesaver Cards
- *New:* Bridge the gApp – website and app for youth



Trainings:

- Straight Talk

Presentations:

- Mary Fisher's Suicide Prevention Presentation for schools
- Prevent Suicide PowerPoint
- Preventing Suicide and Self-Harm Behaviour in Youth PowerPoint
- Suicide Awareness Video

Adults

Resources:

- Warning Signs Post Cards
- Warning Signs Posters
- Crisis Line Magnets
- Suicide Prevention Banners
- Suicide Prevention Poster Display
- Be a Lifesaver Cards
- *New:* Bridge the gApp – website and app for adults



Trainings:

- Applied Suicide Intervention Skills Training (ASIST)
- Mental Health First Aid

Presentations:

- ▶ Prevent Suicide PowerPoint
- ▶ Suicide Awareness Video

Seniors



Resources:

- Canadian Coalition for Seniors' Mental Health (CCSMH)
Resources:
 - Late Life Suicide Prevention Toolkit
 - Prevention of Suicide in Older Adults brochure

Trainings:

- Applied Suicide Intervention Skills Training (ASIST)
- Senior's Mental Health Education Program

Presentations:

- Suicide and the Elderly (CMHA-NL)
- Suicide Awareness Video

Survivors of Suicide Loss



Resources:

- After a Suicide: A Practical Guide
- Brochure: When A Parent Dies By Suicide... What Kids Want To Know
- Support After Suicide Cards

Other Supports:

- Community Trauma Response Team services
- Support After Suicide
- Survivors of Suicide Loss Support Group *(In Development)*



Additional General Suicide Prevention Activities

- Suicide Prevention and Awareness Committee
 - World Suicide Prevention Day Walks
 - Tree of Memories
 - Suicide Prevention Workshop
 - Regional Suicide Prevention Partnership
 - SPAC BBQ Activity Grants
 - MIAW Activity Grants
 - Post Secondary Orientation Packages
 - Ongoing booths/displays, information packages, presentations, and awareness initiatives on suicide prevention and developing resiliency/coping skills
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Websites



www.westernhealth.nl.ca/mha

www.understandnow.ca
www.mentalhealthfirstaid.ca
www.livingworks.net
www.suicideprevention.ca
www.mindyourmind.ca
www.youthsuicide.ca
www.channal.ca
www.ccsmh.ca
www.YouthInBC.com

<http://www>



Thank-You!



For more information, contact:

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