A message from the Canadian Association for Suicide Prevention:

Canadians save lives by taking the time to join together on World Suicide Prevention Day!

September 3, 2017 (Ottawa, ON): On September 10th, 2017, people will gather in communities across Canada and over 50 countries around the world to show their support to recognize World Suicide Prevention Day (WSPD). Since 2003, WSPD has publically brought the need for suicide awareness and a greater commitment to suicide prevention to the world stage. On World Suicide Prevention Day, we are reminded that taking a minute can change a life.

It is estimated that each day in Canada, 11 people end their life and 210 make a suicide attempt. Suicide occurs across all age, economic, social, and ethnic boundaries. The pain that leads individuals to take their lives is unimaginable. Their deaths leave countless family and friends bereaved and their communities impacted.

On September 10th, the Canadian Association for Suicide Prevention (CASP) invites all the Canadian communities to find at least one way of connecting to WSPD. Your efforts will shine a light on this important issue, sending a message to those who are despairing, those who are grieving, and those who are supporting someone who is struggling. WSPD is an opportunity to spread the message that help, hope, and healing are possible.

“Suicide prevention occurs every minute of every day throughout the year. On WSPD though, our collective actions and words give a powerful voice to the difference each and every one of us, alone and together, can make in bringing meaningful hope to those most vulnerable and at risk” said CASP Board President Karen Letofsky. Julie K. Campbell, Executive Director of CASP goes on to say “This year CASP has chosen the image of a hand holding a clock, to connect the idea of time – a minute – with reaching out to offer or receive help. As the ocean, made of the accumulation of drops, hope, help and healing are made of the accumulation of acts that can take only one minute.”

Remember that small acts can truly be life changing. Take a minute to make a difference.
Attend an event in our community!

World Suicide Prevention Day Walk
Gaynor Family Regional Library – 806 Manitoba Avenue, Selkirk, Manitoba

11:00 AM – 1:00 PM

On September 10th, the Canadian Association for Suicide Prevention invites you to TAKE A MINUTE, CHANGE A LIFE.

- Take a minute and tell us your ideas about what you can do in a minute (or a few minutes!) to help change a life. Visit suicideprevention.ca/WSPD to download an image and add your idea on social media and see our list growing. We want to have 1440 life-changing minute ideas – representing the number of minutes in a day.
- Take a minute to speak up. Visit the CASP Facebook page and join us on Twitter @CASP_CA and Instagram to spread the message of WSPD through social media. Visit suicideprevention.ca/WSPD to find images and signs to share on social media.
- Take a minute to talk to someone may be struggling. If you are concerned about someone, reach out and ask them if they want to talk. A caring, compassionate person at a difficult time can help turn things around.

Want to know what resources are out there to get you started on your mental wellness journey?

Visit the Interlake-Eastern Regional Health Authority website to see a list of resources available for all ages! Whether it is resources, information, apps, or self-managed tools to support and improve your health and wellness, it’s all there! Check out www.iierha.ca Care in Your Community / Mental Health.

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