



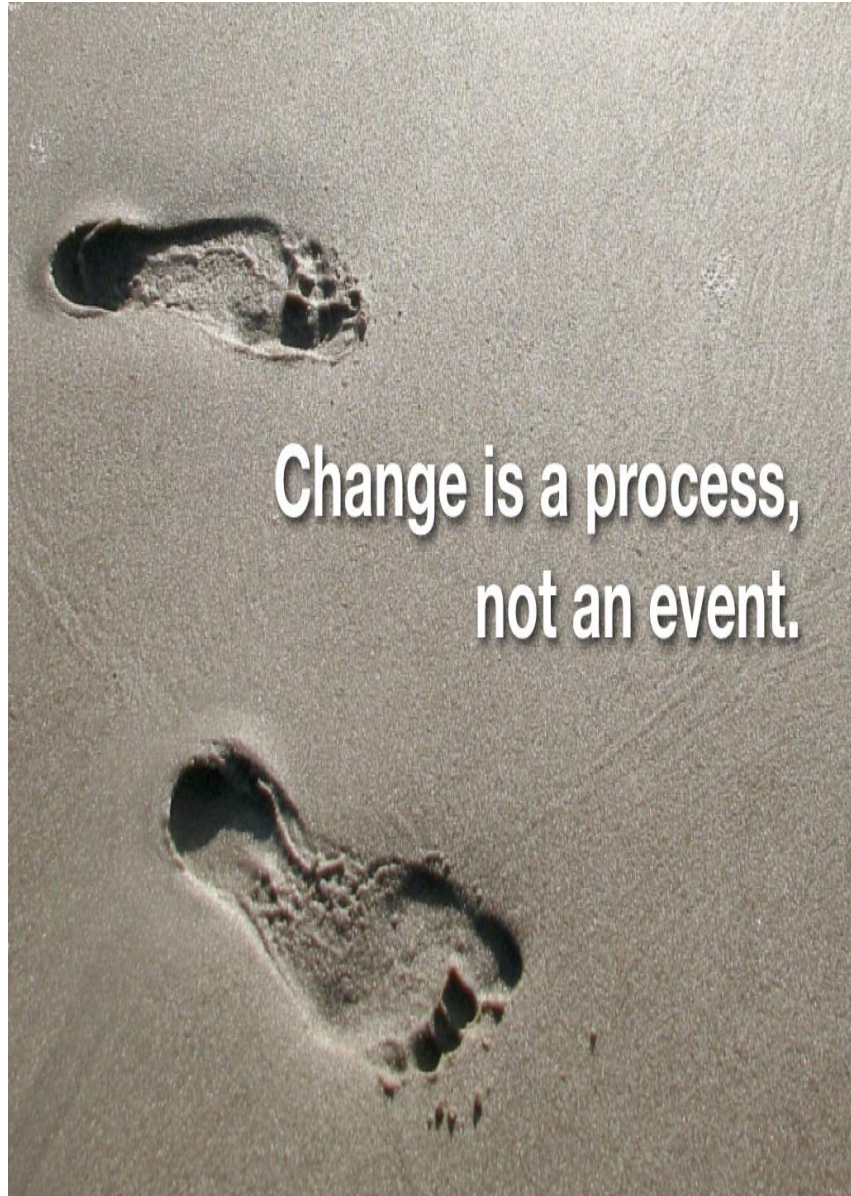
SUICIDE AWARENESS COUNCIL OF WELLINGTON - DUFFERIN

**'Helping Reduce Suicide and
Its Impact on our Community'**

HEATHER GLENISTER M.A.

COORDINATOR

MARCH 23, 2021



Our mission is to provide leadership and advocacy in our communities to decrease suicide behaviour, promote hope, and improve services and supports.

WHO WE ARE

- ❖ Since 1999, the Council's belief is that together we can make a difference in the reduction of suicidal behaviours and that we are all empowered to participate in building suicide safer communities. This means showing compassion for those in distress, offering support for those bereaved by suicide, and by promoting the mental health and wellness of all its citizens.
- ❖ Suicide prevention is a shared responsibility where every person has the potential to make a difference and save a life.
- ❖ A suicide safer community believes that everyone has the right to a future with hope and possibilities.

COUNCIL MEMBERS

- ❖ The Council aims to promote collaboration and knowledge sharing as well as strengthening partnerships that further common goals.
- ❖ The Council's membership is voluntary and diverse. It includes community/professional organizations, interested individuals of all ages (including family, friends and individuals affected by suicide), mental health resources, grief/bereavement supports, schools, and self-help groups and others across Wellington and Dufferin Counties.
- ❖ **Volunteering:** The Council invites new members to join its community table or working groups. suicidecouncilwd@cmhaww.ca



WHAT
WE DO

DEBUNK THE MYTHS ABOUT SUICIDE



Suicide happens without warning.

Most people show signs of how they are feeling about their life. These behaviours are 'invitations' for others to offer help. Warning signs can be direct statements of wanting to die, increased use of alcohol/substances, withdrawing from friends/family and feelings of hopelessness/helplessness.

Continued

They are not the 'type' to attempt suicide.

There is no one type of person who attempts or dies by suicide. This myth assumes that we can 'predict' who might be at risk. People who experience suicidal thoughts do not come from any one kind of family or segment of society.

People who are suicidal have decided they want to die.

Most of the time, people who are feeling suicidal have an overwhelming need to escape their emotional and/or physical pain. Most people still have undecided feelings about dying. Pay attention and if you sense the person may be at risk, ask them if they are thinking about suicide.

People who take their own life are taking the easy way out.

Most people at risk of suicide are desperately looking for another choice. At this critical point, they may not be able to see another way and are struggling with the stresses in their life.

LANGUAGE - WORDS MATTER

DIED BY SUICIDE: Judgement and negative connotation is lessened. For example, Jon died by an infection as opposed to Jon committed an infection.

RATHER THAN

COMMITTED SUICIDE: Equates criminal behavior as if someone 'committed' a wrong-doing. Think of how the underlying assumptions could impact grieving family/friends. Think of a person who has attempted suicide and how this language might influence their willingness to get support when society has labelled them a 'criminal.'

SUICIDE ATTEMPT

RATHER THAN

COMPLETED SUICIDE: Differentiates death by suicide and suicide attempts. Completed equates with success. An 'incomplete' suicide has the assumption of failure.

PROJECT: ELDERTALK

- ❖ Canadians' age 60 and over are one of the most at-risk groups for suicide.
- ❖ *AfterWhys* is a 40-minute stage play about the importance of hope and resilience for seniors who face mental health challenges, including suicide. This live performance also depicts, with humour and compassion, how we can better support those around us who may need help.
- ❖ *AfterWhys* is followed by a 30-minute discussion with the audience about the play's creation process and the issues raised in the play.
- ❖ The play was created for the community through story sharing and input from those who have been impacted by suicide. About the play: [\(1\) Seniors & Suicide - Starting the Conversation with the AfterWhys Play – YouTube](#)

MINDFUL FOR OLDER ADULTS: <https://issuu.com/dinny56/docs/mindfuloct2020>

PROJECT: ...*“a permanent solution...”*

- ❖ A play written and directed by Tom Slater, Co-Head of the RECAP Arts program at J.F. Ross Secondary School in Guelph. First toured in 2010.
- ❖ The play is poignant, powerful, humourous, educational and speaks honestly to today's youth about depression and suicide and offers them a message of hope.
- ❖ Suicide is a significant concern for Canadian youth today and is something we have been impacted by in our own communities. Learning the facts about suicide and ensuring open communication and safe environments to have discussions is a key factor in supporting our youth. It will tour schools across Wellington and Dufferin County when it is safe to do so.

[Suicide Resource Group Wellington-Dufferin – YouTube](#)

NEW PROJECTS FOR 2021



MEN'S MENTAL HEALTH & SUICIDE
THE FARMING COMMUNITY,
MENTAL HEALTH & SUICIDE

World Suicide Prevention Day – September 10th



It is estimated that 12 people will die by suicide today and every day in Canada.

WSPD is an opportunity to break down the stigma associated with suicide, support prevention programs and educate people on how to make their communities suicide safer.



Saturday
November 20, 2021

“Survivors of suicide loss come together to find connection, understanding, and hope through their shared experience.”



TO SUM IT UP ...

THE COUNCIL IS
ALL ABOUT ...

HOPE

HOW TO REACH US



**SUICIDE AWARENESS COUNCIL
OF WELLINGTON - DUFFERIN**

The Council does not provide clinical services.
If you, are someone you know is in crisis, please
call 911 or go to your nearest emergency room.

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Twitter: SACWDCouncil

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RESOURCES - SUICIDE

www.sacwd.ca/resources

[Centre for Suicide Prevention](#)

[Canadian Association for Suicide Prevention](#)

[Men & Suicide – Infographic – Centre for Suicide Prevention](#)

[Seniors' Suicide Prevention](#)

[Living Works – Suicide Prevention Training](#)

[International Association for Suicide Prevention](#)

[American Foundation for Suicide Prevention](#)

[Centre for Addictions & Mental Health](#)