



Topics:

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Suicide Prevention Coalition



Suicide prevention and mental health is everyone’s business! Welcome to our first newsletter. The Suicide Prevention Coalition of Champlain East consists of numerous professionals from the region of SDG & Akwesasne, as well as Prescott and Russell area. We hope everyone will take advantage of this important resource and visit the website www.reachoutnow.ca

World Suicide Prevention Day

September 10th was World Suicide Prevention Day. “Take a minute, change a life”, was the theme this year. As members of our communities, it is our responsibility to look out for those who may be struggling, check in with them, and encourage them to tell their story in their own way and at their own pace. Offering a gentle word of support and listening in a non-judgmental way can make all the difference. International Association for Suicide Prevention is an organization dedicated to the prevention of suicide and education; one our coalition strongly supports.

Quote of the Day: Today is your day, let go of things that no longer serve you!
author unknown

To learn more on this year’s theme visit <https://iasp.info/wspd2017/>

Mental Illness Awareness Walk

 being hosted by CMHA /CE

We invite the community at large (schools, families, friends & community agencies) to join us in a location nearest you for our Annual Mental Illness Awareness Walk. The walk aims at providing awareness of mental illness and reducing the stigma that may be associated. Join us at one of our locations and show your support.

Cornwall – Tuesday October 3rd 10:00am-12:00pm, 14 Marlborough Street

Hawkesbury – Friday October 6th 10:00am-12:00pm, 429 Mary Street

Door prize, light refreshments, entertainment & kiosks

For more information 1-800-493-8271



In the News :
"13 Reasons Why"

Many young people may be watching or have heard of the new series "13 Reasons Why" based on a fictional story of an adolescent girl, "Hannah," who died by suicide.

Watching this series can be emotionally triggering or difficult, especially if one has had or knows someone with suicidal thoughts.

Are you having thoughts of suicide? Call the 24-Hour Crisis Response Helpline at 1 866 996-0991 or visit your local hospital Emergency Room.

Some talking points may also be helpful to talk about with others or to reflect on during or after watching the series.

You can download and utilize the talking points available for download on the website and use them as needed or share them with those who may need support

www.reachoutnow.ca

These points were created by the JED Foundation and SAVE - Suicide Awareness Voices of Education.

Available Training

Certified trainings are available throughout the year. You can register for upcoming sessions or request training for groups of 12 or more by completing the request a workshop booking form.

Visit the www.reachoutnow.ca website for more information to make a request.

