

## PRESS RELEASE

### World Suicide Prevention Day **SEPTEMBER 10, 2019**

*Canadians save lives by taking the time to join together on World Suicide Prevention Day! **One person can make a difference to someone in need.***

On September 10th, 2019, people will gather in communities across Canada and over 50 countries around the world to show their support to recognize World Suicide Prevention Day. 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 Working Together, We Can Prevent Suicide.

It is estimated that each day in Canada, 10 people will end their life and 210 will 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. And their deaths leave countless family and friends bereaved and their communities impacted.

World Suicide Prevention Day is an opportunity to spread the message that help, hope, and healing are possible.



### ***"Spinning a Web of Support"***

[www.spinbrandon.ca](http://www.spinbrandon.ca)

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Various World Suicide Prevention Day activities are planned in the Prairie Mountain Health region on September 10, 2019. A public gathering will be held at the A. R. McDiarmid Civic Complex at 638 Princess Avenue from 12:00 to 1:00 PM to recognize those who are working to make our community suicide-safer, and to support those whose lives have been impacted by suicide. The event is being sponsored by Brandon and Area SPIN (Suicide Prevention Implementation Network) and the City of Brandon and is open to all. There is a nomination form on [www.spinbrandon.ca](http://www.spinbrandon.ca) if you know of someone who should be recognized for their contribution to making our community suicide-safer.


There will also be a free safeTALK training in Brandon on Tuesday September 10, 2019 from 5:30-8:30 pm, held at Elspeth Reid Family Resource Centre (255 – 9<sup>th</sup> Street) for anyone who wishes to learn more about how to recognize persons with thoughts of suicide and to connect them to suicide first aid resources. Register by calling SPIN at 204-578-2599 or emailing [spinassistant2019@outlook.com](mailto:spinassistant2019@outlook.com)

The Canadian Association for Suicide Prevention (CASP) has developed many resources to help families, communities, workplaces and service providers become suicide safer and enhance their capacity to support those at risk of suicide or affected by suicide. These resources can be downloaded from the CASP website [www.suicideprevention.ca](http://www.suicideprevention.ca).

For more information on these or other events taking place throughout the region please contact Niki Gagnon at 204-578-2436 or email [info@spinbrandon.ca](mailto:info@spinbrandon.ca) or visit [www.spinbrandon.ca](http://www.spinbrandon.ca).

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## **WORLD SUICIDE PREVENTION DAY**

The Brandon and Area Suicide Prevention and Implementation Network (SPIN) invites everyone to come together on World Suicide Prevention Day to recognize people in our community who:

- Help build healthy, resilient individuals and communities
  - Support those who struggle with living
  - Comfort and care for those bereaved by suicide

***“Working Together To Prevent Suicide”***



**Monday September 10, 2018 12:00 PM to 1:00 PM**

**A.R. McDiarmid Civic Complex**

**Brandon Youth Centre**

**638 Princess Avenue - Door B**

**Public Awareness Event & Certificates of Recognition**

**Refreshments Provided**

***“Spinning a Web of Support!”***



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