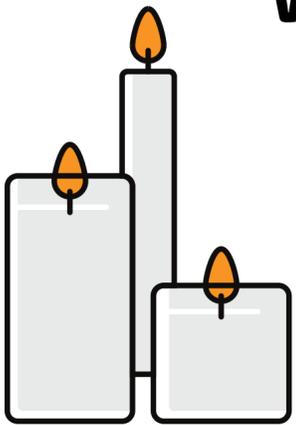


World Suicide Prevention Day

Working Together to
Prevent Suicide

Want to get involved? Here are a few ideas!



Light a candle

Light a candle and place it near a window at 8pm on September 10th. Throughout the world, candles will shine as a beacon of hope. Light a candle to show your support for suicide prevention, to remember someone who has died by suicide, and to honour those whose lives have been impacted by suicide.

Plan or attend an event in your community

Planning an event? Share the information at suicideprevention.ca/wspd so that others in the community can learn more. Want to attend an event? Search for an event near you using the search tool at the website above. Participate in events that spread messages of hope--consider planting a tree in your community in honour of WSPD.

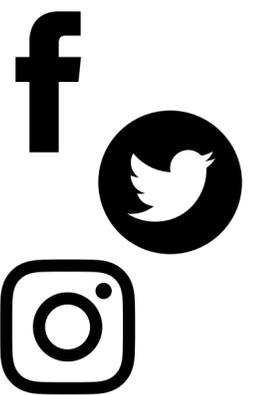


Wear a ribbon

For the third year, join with others throughout the world in wearing an orange and yellow ribbon as a sign of support for suicide prevention. The colours symbolize the flame of a candle - hope and light in the darkness. You can order ribbons by contacting CASP.

Connect on social media

Download one of the social media posters, write in what you will do on WSPD to help prevent suicide, and then take a picture and share it on social media. Be sure to use #WSPD18 when you post your picture! Change your profile picture to a yellow and orange ribbon, a candle, or one of the other social media images provided in the toolkit. Encourage others to get involved! Share resources online and encourage others to share.

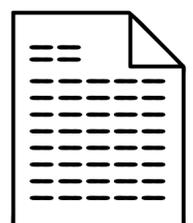


Reach out to someone in need

When someone is struggling, the first step is taking a moment to check in with them and listen supportively and compassionately to what they have to say. You can start with, "I know you've been going through a lot lately. I want you to know I'm concerned about you." Remember that you don't have to have all of the answers, but be prepared to help them find resources and information if needed. Visit suicideprevention.ca/need-help/ to find resources in your community.

Download and share the toolkit

The toolkit contains a sample press release, letter to the editor, postcard, poster, and more! Visit suicideprevention.ca/wspd to find more resources, information, and ideas for getting involved!



September 10, 2018
suicideprevention.ca/wspd