

World Suicide Prevention Day

Working Together to Prevent Suicide

September 10, 2018

Want to get involved? Here are a few ideas!

Reach Out to Someone

Are you worried about someone who may be struggling? Take time to reach out and let them know you care. A genuine message of care and concern can go a long way.

Light a Candle

A candle represents light in the darkness. Join others throughout the world in spreading the message of hope in the darkness by lighting a candle at 8pm on September 10th.

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.

Download the Toolkit

Find a press release, postcard, posters, letter to the editor, and lots more information and ideas online at suicideprevention.ca/wspd.



Use Social Media to Raise Awareness

Change your profile picture on social media to spread the word about WSPD. Download social media posters and share how you will be participating in WSPD. You can find resources in the toolkit at the website listed below.

Plan or Attend an Event

Many communities will be hosting events to recognize WSPD. Find an event near you at the website below. Interested in planning an event? Visit the WSPD toolkit to find resources to help.

Promote Life and Hope

While it is important to raise awareness about suicide, we can't forget to talk about life. Share messages of hope and healing whenever you talk about suicide. Do something in your community to promote life and the hope for a better future, such as planting a tree,

suicideprevention.ca/wspd



Sharing
HOPE &
Resiliency