

World Suicide Prevention Day

Working Together to
Prevent Suicide

Are you interested in planning and hosting an event for World Suicide Prevention Day?

This resource is for you! We encourage communities to engage in outreach on World Suicide Prevention Day to raise awareness for suicide prevention and honour the lives that have been impacted by suicide. Activities may call attention to the global, Canadian, and local burden of suicidal behaviour, and discuss local, regional, and national strategies for suicide prevention, highlighting cultural initiatives and emphasizing how specific prevention initiatives are shaped to address local cultural conditions. Initiatives which actively educate and involve people are likely to be most effective in helping people learn new information about suicide and suicide prevention.

Examples of activities to support World Suicide Prevention Day include:

- Launch new initiatives, policies, and strategies on World Suicide Prevention Day
- Hold an educational seminar, public lecture, or panel
- Provide a suicide awareness or intervention workshop such as SafeTALK, ASIST, or Suicide to Hope
- Write an article for national, regional, and community newspapers, blogs, and magazines
- Hold a press conference
- Secure an interview or speaking spot on radio and television to help educate
- Organize a memorial service, event, candlelight ceremony, butterfly release, or walk to remember those who have died by suicide and raise awareness about suicide prevention
- Ask national politicians with responsibility for health, public health, mental health, or suicide prevention to make relevant announcements, release policies, or make supportive statements or press releases on WSPD
- Organize a cultural or spiritual event, fair, or exhibition
- Organize a walk to political or public places to highlight suicide prevention
- Hold a book launch, or launch for new booklets, guides, or pamphlets
- Distribute leaflets, posters, and other written information

Be sure to consider the following:

When hosting an event, we have a responsibility to do so in a safe and meaningful way. The way that we talk about suicide is important – messaging should focus on hope, help, and healing. We encourage you to have on hand crisis counsellors in case someone needs to talk. We also recommend you read event and presentation guidelines which you can find here: <http://suicideprevention.ca/wp-content/uploads/2014/05/Suicide-Prevention-Guidelines-for-PA-Ed-Activities-FINAL-PDF1.pdf> If you would like assistance planning your event or thinking through logistics to consider, please contact us at casp@suicideprevention.ca. Remember to share your event with CASP at suicideprevention.ca/WSPD. Community members will be able to search our website for events near them! And please share your event and pictures on Facebook and tag @CASP_CA.



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suicideprevention.ca/wspd