

Press Release

OTTAWA, ON, On September 10, 2019, the Canadian Association for Suicide Prevention (CASP), along with communities in Canada and over 50 countries globally, will gather to show their support for World Suicide Prevention Day (WSPD).

For nearly two decades, WSPD has brought the need for suicide awareness and prevention to the world spotlight. Suicide can affect anyone: each day in Canada, about 11 people will end their lives and 210 will attempt suicide. Each of these deaths impacts many others, leaving friends, families, and communities bereaved.

The 2018-2020 theme for WSPD is “Working Together to Prevent Suicide”—an important message as people and communities increasingly recognize the impact of suicide and strive to prevent it. To promote this message in 2019, CASP has chosen an image showing a group of people with light shining behind them as a symbol of hope and life. This is an evolution of 2018’s image, which showed two hands in the shape of a heart. The addition of more people and connections suggests the teamwork and solidarity necessary to make a life-saving difference. It is a reminder that we are stronger together.

For the fourth year, CASP has coordinated a large national effort including an electronic toolkit and the distribution of the internationally recognized WSPD ribbons. The toolkit includes numerous ways that anyone can help spread the message. CASP invites all Canadians to find at least one way to connect to WSPD in the belief that by working together, we can prevent suicide. One small but significant gesture is to light a candle and place it near a window at 8:00 p.m. in your time zone on September 10. The candle demonstrates your support for suicide prevention, memorializes lost loved ones, and shows solidarity towards survivors of suicide.

Any actions, big or small, can make a meaningful difference to others in need. Working together facilitates strength and action towards preventing suicide everywhere. As these actions grow and multiply, CASP envisions a Canada, and a world, without suicide.

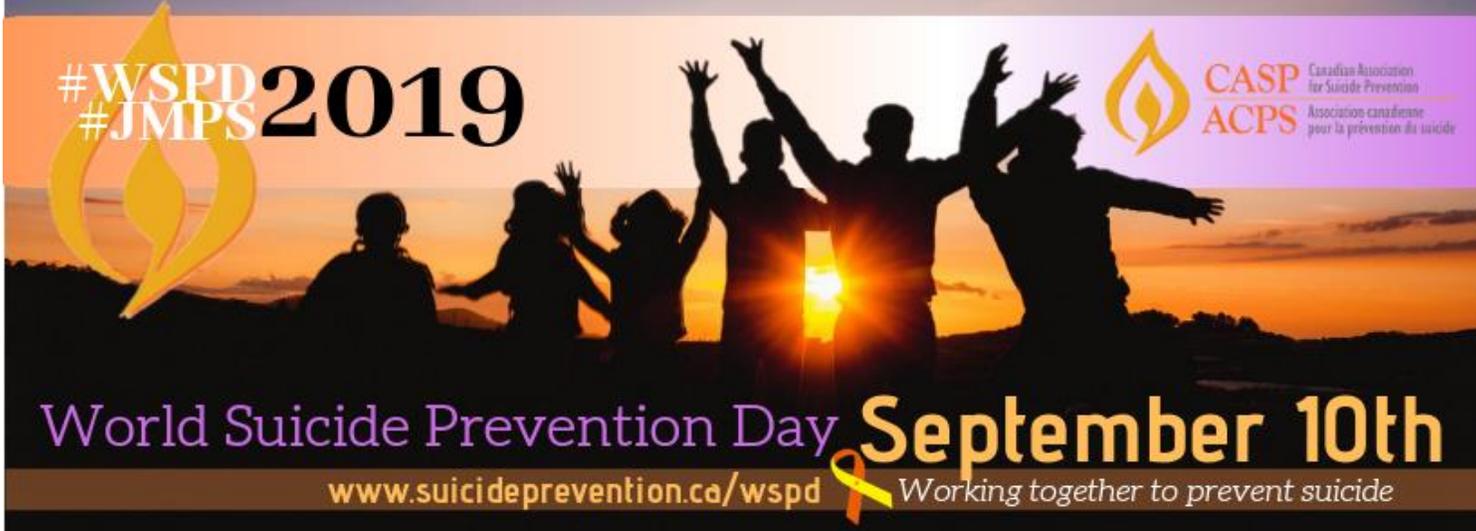
Ways to get involved

To find an event in your community or to post an event, visit <http://suicideprevention.ca/wspd/>

Download posters and images at <http://www.suicideprevention.ca/wspd/>



September 10, 2019
suicideprevention.ca/wspd



Connect with CASP on social media

Facebook: Canadian Association for Suicide Prevention – CASP

Instagram: @canadianassociationsuicideprev

Twitter: @CASP_CA

Hashtags: #WSPD2019 #PreventSuicideTogether

For more information, please contact:

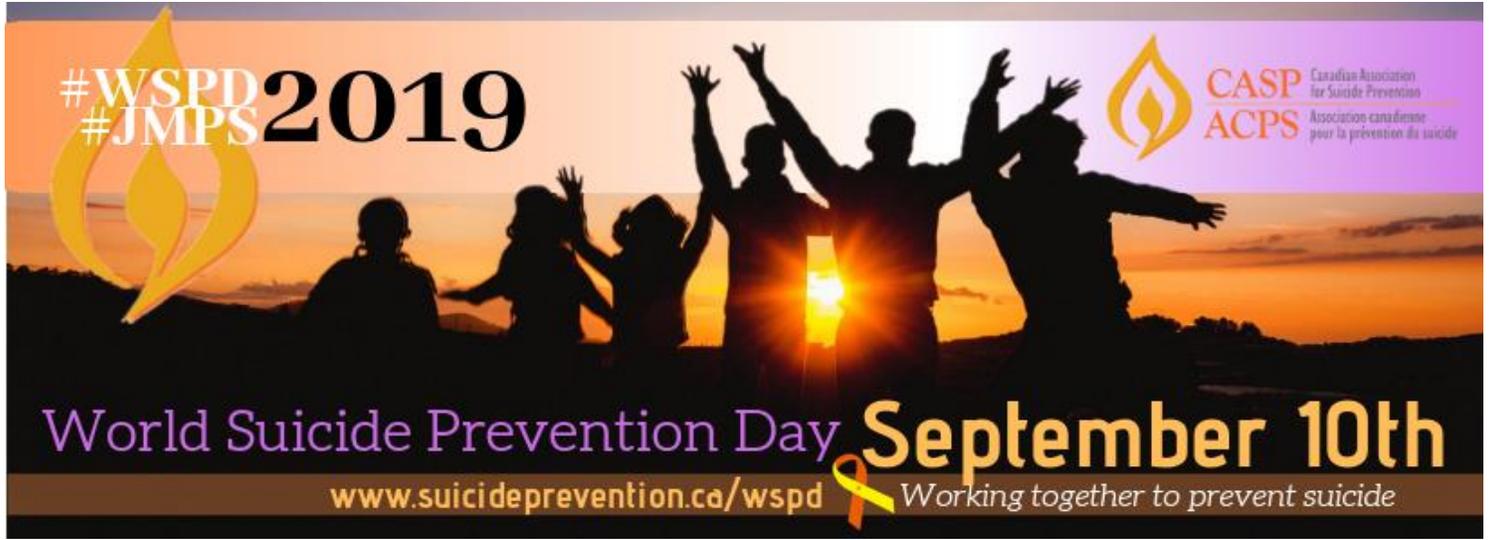
Canadian Association for Suicide Prevention (CASP Team)

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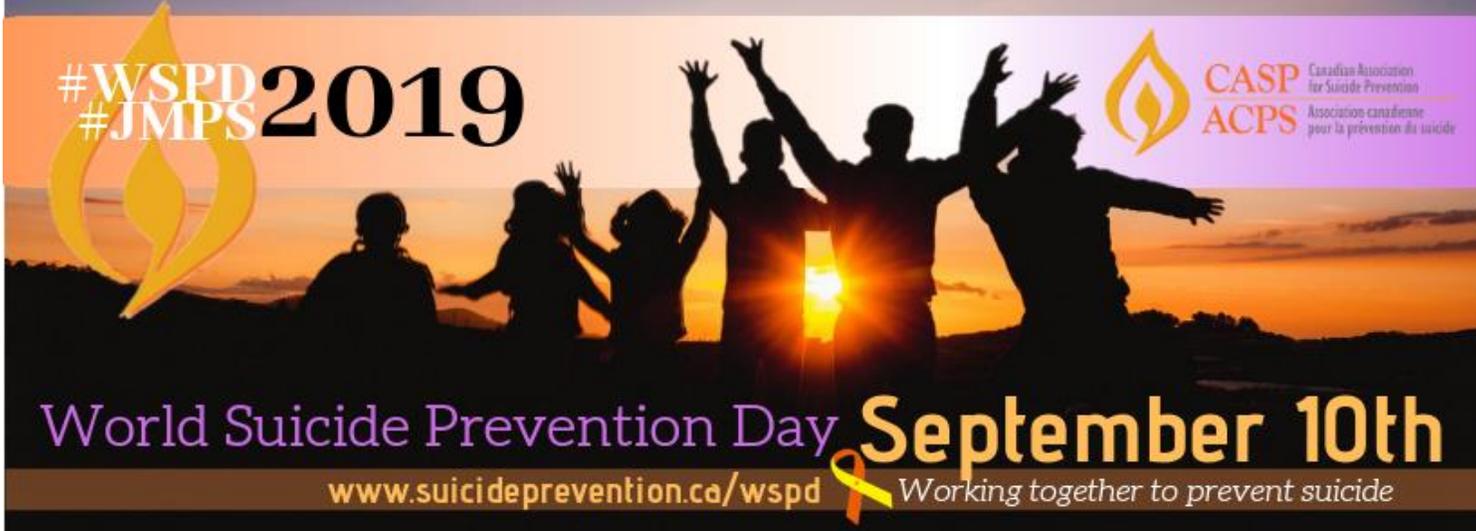
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