



Suicide Information & Awareness is Important – You're Not Alone

December 2009 www.wrspsc.ca 171 King Street South, Waterloo, ON N2J 1P7 519-744-7645 ext 310

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Have you seen WRSPC in the news?

Events in 2009

Successes in 2009

Save this date in 2010

MEDIA EVENTS

Provincewide with Daiene Vernile

Rogers Newsmakers

Kool FM

PRESENTATIONS TO VARIOUS ORGANIZATIONS

Kitchener Rotary

Preston Chapter IODE

University of Waterloo Peer Health Advisors

CONNECTIONS

Provided a display for the following events:

Shoulder to Shoulder Conference

Minds In Motion – KW Walking Classic Race

University of Waterloo

Waterloo Catholic District School Board

Cambridge Memorial Hospital

WHAT YOU CAN DO TO HELP?

- ✓ **Golf in the Tudisco Tournament**
- ✓ **Write a letter to government**
- ✓ **Educate yourself**



The Waterloo Region Suicide Prevention Council was invited to set up a display at the Waterloo Regional School Board's Shoulder to Shoulder Conference to update staff on information concerning the Mental Health of Students.



At the Dimensions of Suicide Conference, the Ontario Association for Suicide Prevention, led by Rahel Eynan, President, and Nada Baraclough, Past President, provided valuable information on the prevention of suicide.

FALL 2009 EVENTS HOSTED BY WRSP

September 10

[World Suicide Prevention Day Service of Remembrance and Release of Butterflies](#)

A community forum followed.

September 24

Movie "[A Secret Best Not Kept](#)"

Princess Theatre, Waterloo

A community forum followed.

October 28

Dimensions of Suicide Conference

Free Community Forum

October 29

[DIMENSIONS OF SUICIDE CONFERENCE - WORK RELATED STRESS: REASONS, RESPONSES AND RESILIENCE](#)

MOVIE NIGHT: "A SECRET BEST NOT KEPT"

The council's first movie night at the Princess Cinema had over 60 attendees, including the Director of Residence for University of Waterloo, 30 Residence Dons and MP Peter Braid. A Questions & Answers session followed this powerful documentary of one woman's journey through grief 18 years after losing her mother to suicide.

DIMENSIONS OF SUICIDE CONFERENCE - WORK RELATED STRESS: Reasons, Responses, and Resilience

The following pictures showcase the successes and highlights of the conference.



Bill Wilkerson, as co-founder and CEO of the Global Business and Economic Roundtable on Addiction and Mental Health, challenged us to 'make some noise' for Suicide Prevention. With him is Cathy du Preez-Kiss.



Members of the Waterloo Region Suicide Prevention Council, Pauline Potzold and Dale Wombwell shared laughter with a conference attendee, Rob Martin.



Lindsay Salm Dube told the conference about her client, Jeff Pitts. He inspired us with his story of healing. Lindsay then treated us to a working model for responses and resilience.



Dr Dianne Pittman, a specialized psychiatrist at Homewood, explained the epidemiology of psychiatric illness in the workplace and strategies for managing it.



Professor Ken Westhues of the University of Waterloo spoke to the attendees on workplace mobbing. Suicide can be the disastrous result.

WHAT YOU CAN DO TO HELP? DONATIONS!!

The Waterloo Suicide Prevention Council needs donations in order to exist. Please help by sending donations to WRSPC, c/o 171 King St S, Waterloo ON N2J 1P7 . (Tax receipts available)

DANIEL TUDISCO FAMILY AND MEMORIAL GOLF TOURNAMENT COMMITTEE WINS ONTARIO SUICIDE PREVENTION COUNCIL'S ANNUAL 'ARNOLD DEVLIN AWARD' FOR OUTSTANDING CONTRIBUTION TO SUICIDE PREVENTION

The award was presented at the OSPN AGM meeting in Mississauga on November 16, 2009.

Arnold Devlin died April 25, 2008. He was a past Director and Chairperson of OSPN. He was a passionate advocate for coordinated suicide prevention programs in Ontario and Canada. He was one of the first 'white' helping professionals brought into northern Quebec communities experiencing the tragic loss of many young people by suicide.

The Tudisco family lost their son Daniel and has been determined to help other families prevent such a grievous event from touching their lives. This event helps to channel the sorrow of the Tudisco family by doing something positive for their community. At the tournament, suicide prevention literature is available and the issue of suicide is openly discussed. Now, more than \$60 000 has been raised for Suicide Prevention. Thank you so much, Joe, Louise, Julie, Geoff, Deb and the Tudisco Tournament committee.



Wayne Hobbs from the Ontario Association for Suicide Prevention presented the Tudisco family with the Arnold Devlin Award. Beside Mr. Hobbs are Julie Sheppard, Joe Tudisco, and Louise Tudisco.

THANK YOU SO MUCH, TUDISCO FAMILY



After receiving the Arnold Devlin Award, part of the tournament committee posed for this picture. Joan Cole, Dena Moitoso, Joe and Louise Tudisco, Julie Sheppard, Josie Tudisco-Maximino, Tana Nash.

On a hot, dry day in August, 37 golf teams showed their support at this amazing event – **The 6th Annual Daniel Tudisco Family Golf Tournament**. Great golf, fun games, food, prizes and a silent auction were enjoyed by all. \$10 000 was raised and once again generously donated to the Waterloo Region Suicide Prevention Council. Many loved this event so much that they have already marked their calendars for next year – **Thursday, August 12, 2010**. Register early, so you are not disappointed. DTMgolftourney@hotmail.com

WHAT YOU CAN DO TO HELP? VOLUNTEER!!

The WRSPC needs volunteers who would like to help the Waterloo Region Suicide Prevention Council. Opportunities for volunteering can be short-term, or longer-term. Helping out with events, writing letters to government, developing promotional materials such as brochures, resources, and the website are examples of ways you can help. Also, if you have fundraising ideas or an interest in fundraising, we need you.

Contact the council at tana2@execulink.com or phone 519-744-7645 ext 310 for more details.

HAVE YOU LOST SOMEONE TO SUICIDE?

See the website dedicated to the Collateral Damage Project (leftbehindbysuicide.org). It might help. The website is a project of Scott Chisholm who, as a teenager, lost his father to suicide. Today, he is a family man, firefighter and amateur photographer, who decided to combine his passion for photography and his story by capturing pictures of other Canadians left behind by suicide. If you are interested in becoming involved, contact Scott at scott@leftbehindbysuicide.org

WHAT YOU CAN DO TO HELP? E-PETITION!! ENDORSE THE NATIONAL SUICIDE PREVENTION STRATEGY

It is hard to believe that with almost 4 000 reported suicides annually in Canada, that no national suicide prevention strategy has been adopted. Canada is one of the last developed countries in the world without one. BUT... some positive changes have been taking place.

Thank you to MP's Stephen Woodworth, Harold Albrecht, and Gary Goodyear for supporting the implementation of a national suicide prevention strategy with their letters to the Honourable Leona Aglukkaq, Minister of Health.

In 2007 Stephen Harper created the Mental Health Commission of Canada. His eulogy at the memorial service for MP David Batters expressed the need for a better understanding of mental illness (see [Globe and Mail](#)).

You can help by signing the **on-line e-petition** for a national strategy, developed after thousands of hours of work by the Canadian Association for Suicide Prevention (CASP). CASP members have been lobbying for a long time for a national strategy to be implemented. They believe the Canadian government must acknowledge that the rates of suicide in this country are too high. If you also believe that issues surrounding suicides in this country need to be addressed, tell the government they must take action by signing the e-petition at <http://nspscnd.epetitions.net>

COPING TIP FOR SURVIVORS

Many people heal by writing their thoughts in a journal. Others find that talking is much better. Try a number of the coping strategies for grief until you find which ones work best for you.

CRISIS HOTLINE PHONE NUMBERS

Crisis Services of Waterloo Region:

The Distress Centre in Waterloo Region offers 24 hour phone-in services 365 days per year. It is operated by the Canadian Mental Health Association Grand River Branch to provide supportive and confidential listening.

General Line	519-745-1166
Youth Line	519-745-9909
Kids' Help Line	1-800-668-6868
Mobile Crisis Team	519-744-1813 or 1-866-366-4566
Cambridge Hospital	519-621-2330
Grand River Hospital	519-742-3611

OR take the person to either Grand River Hospital at 835 King St. W or Cambridge Hospital at 700 Coronation Blvd. for help. If the person won't accept help and is intent on suicide, call **911**.

www.crisislinks.ca
www.cmhagrb.on.ca

THE NEXT BIG EVENT – 5TH ANNUAL PRESIDENT DAVID JOHNSTON RUN FOR HEALTH

Tuesday May 18, 2010 at 5 pm \$25

Proceeds will go to WRSPC and the University of Waterloo Suicide Prevention Group.

DATES TO MARK IN YOUR 2010 CALENDAR

- ✓ David Johnston Run for Health on Tuesday May 18, 2010
- ✓ Crisis Society Workers of Ontario Annual Conference on June 9, 10, 11, 2010; this year titled Crisis Partnerships: Recovery Together, and held in Guelph at the Delta Hotel & Conference Centre
- ✓ Daniel Tudisco Golf Tournament on August 12, 2010
- ✓ World Suicide Prevention Day on September 10, 2010