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**Our Mission**

Our mission is to reduce suicidal behavior and its impact on individuals, families and communities. We believe that every person has the right to be supported in living a healthy positive life.

**Our Vision**

Our vision is to build a suicide safer community by applying a strengths-based approach focusing on wellbeing and resiliency. We believe the voices of those with lived experience of suicide are crucial to increasing understanding of suicide and effective suicide prevention responses. The Waterloo Region Suicide Prevention Council engages individuals, families and organizations to increase their participation in suicide prevention, intervention and postvention – hope, help, and healing – focusing on the following four key pillars.

**#2-Partnership and Capacity Building**

Waterloo Region Suicide Prevention Council engages and works in partnership with individuals and organizations across sectors to help them

understand their role in suicide prevention and

 identify ways they can

 implement changes

 that will be sustainable.

 WRSPC strives to increase

 community capacity to

 address suicide related

 issues.

 **#1- Community Awareness**

Waterloo Region Suicide Prevention Council increases public awareness that suicide is a significant and shared health problem in

our community using many

platforms including media,

social media and events.

WRSPC believes that

Suicide is everybody’s

responsibility and is

preventable through

community engagement

and action.



**#3- Training and Education**

Waterloo Region Suicide Prevention

Council works with the community to

respond to the risk factors of suicide by

providing educational resources and delivering

impactful and effective suicide awareness and intervention workshops, conferences and presentations.

 **#4- Research and Evaluation**

 Waterloo Region Suicide Prevention

 Council collaborates with community

 partners to collect statistical data on

 suicidal behaviour in order to examine and analyze trends, and identify priorities for community action. WRSPC also monitors its outreach programs and interventions to evaluate their effectiveness.