



# Waterloo Region Suicide Prevention Council

## 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.

### #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.

### #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.

### #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.

