

Welcome!



This resource book is a reflection of content shared from the Waterloo Region Suicide Prevention Council (WRPSC) in their 2021 #365Convos. Check it out!

.....



<https://www.facebook.com/wrspc/>



<https://twitter.com/WRSPC>



<https://www.instagram.com/wrspc/>



<https://wrspc.ca/>

How to Use this Resource Book



Each month has a quote box.
You can use this box to fill in your favourite takeaway from the month.



Use these lines to answer reflection questions, or to fill in your own reflection from the month.



You can check out the full content on our website and social media pages.

Myths & Language

OVERVIEW

Use people first language. Example: person with mental illness or person impacted by suicide.

Use safe language. Example: died by suicide, suicide attempt.

Review myths and facts. Example: talking about suicide will not cause someone to have suicidal thoughts.

Make sure information is gathered from reputable sources.

Bonus tip: photos matter too! When sharing, use images that convey a sense of belonging, hope, healing and recovery, which are more consistent with safe communication.

REFLECTION

Consider the ways in which you can adjust your language to promote healthy conversation.

Which myth and fact stood out to you?
Were any surprising?

Consider how you might share these facts, to try to remove misinformation from our continued conversations

Question how you might ensure information you share is factual and helpful and works towards breaking down stigma.



Resources



The importance of safe language and communication in online platforms:
A conversation with Ed Mantler.

<https://fb.watch/5UAVu4jhaZ/>

Review full month's content at:

<https://wrspc.ca/365convos/>
OR visit our social media pages!

Further Resources:

<https://www.canada.ca/en/public-health.html>

www.suicideinfo.ca

Awareness & Invitations

OVERVIEW

Risk factors: describe factors that may increase the chance that an individual will engage in suicidal behaviour

Warning signs: are indicators that an individual may currently be struggling with suicidal thoughts or actions

Protective factors: may decrease the risk of suicide. Examples include: access to services and supports, strong problem solving and conflict resolution skills, social connections and feeling a sense of meaning and purpose.

Watch for invitations for conversations, and take them seriously.

REFLECTION

If you or anyone around you has experienced these risk factors, think about what impact they created, or how you or others may have coped with experiencing these factors.

Reflect on what warning signs you show when you're struggling or experiencing heightened stress – and what warning signs have you noticed for those you are close to?

How can you build your protective factors to prepare ahead for hard times that may come? How can you be a protective factors, or promote protective factors, for someone close to you?



Resources



How risk factors, warning signs and protective factors show up for youth. A conversation with Stephanie Mattie.

<https://fb.watch/6hOd5QG8YY/>

Review full month's content at:

<https://wrspc.ca/365convos/>
OR visit our social media pages!

Further Resources:

<https://wrspc.ca/understanding-suicide/risk-factors-warning-signs/>

wrspc.ca/category/resilience-protective-factors/

<https://here247.ca/about-here247/contact-us/>

<https://kidshelpphone.ca/>

Conversations

OVERVIEW

Bethere.org's Golden Rules for Starting a Conversation About Suicide.

1. Say what you see. 2. Show you care 3. Hear them out. 4. Know your role 5. Connect to help.

"At least..." does NOT equal empathy.

Example: "At least you have a career, at least you have your health...."

Practice active listening and being "their mirror"

by avoiding talking about your own situations and avoiding toxic positivity. Example: avoid saying "just think happy thoughts". Truly listen. Offer help to connect with professionals or community resources for extra support.

Review tips for how to share. Using trigger or content warnings and removing graphic or unhelpful language and images.

REFLECTION

Think about how you might apply these ideas in the next conversation you have with a friend who you think is struggling.

Share these tips with others to create a caring community around you.

Consider how you can be a helpful listener in conversations and the ways in which you can listen internally to your own needs as well.

Consider how you can be a safe conversation starter and an active listener.



Resources



How to have a conversation with someone who might be thinking of suicide. A conversation with Laura McShane.

<https://fb.watch/v/3RLp53TVt/>

Review full month's content at:

<https://wrspc.ca/365convos/>
OR visit our social media pages!

Further Resources:

<https://bethere.org/Be-There-Basics>

<https://www.suicideinfo.ca/resource/talk-to-someone-about-suicide/>

<https://www.mentalhealthcommission.ca/English/catalyst-january-2021-supporting-those-close-us-during-pandemic>

#chatsafe: A Young Person's Guide for Communicating Safely Online About Suicide

Mental Health Supports & Crisis Resources

OVERVIEW

Check out website resources:

HERE247.CA
 KIDSHELPPHONE.CA
 SUICIDEINFO.CA
 CRISISERVICECANADA.CA
 MINDYOURMIND.CA

Crisis Text Line: text CONNECT to 686868

Phone Number Resources:

Kids Help Phone: (800) 668-6868

Here 24/7- Crisis Services Waterloo Region: (844)
 437-3247

Canada Suicide Prevention Suicide:
 1 (833) 456-4566
 or send text to 45645

What to Expect

Here 24/7: <https://here247.ca/what-to-expect/>

Kids Help Phone: [https://
 kidshelpphone.ca/counselling-faqs/](https://kidshelpphone.ca/counselling-faqs/)

Review other resources.

REFLECTION

Create a Crisis Safety Plan and Include:

Identification:

name, health card #, address and birthday

Emergency contact:

name, phone #, relationship

Medical Information:

doctor, pharmacy, phone #

How do I know I am in Crisis?

warning signs and triggers

What can I do with myself?

What do I want from others?

Remind myself what is positive and hopeful

Once created, consider keeping a copy in your
 wallet/ purse or on your phone.



Resources



Information about Peer Support and the services Self-Help and Peer Support programs offer. A conversation with Brenda Richard.

<https://fb.watch/v/IA0y33e9/>

Review full month's content at:

<https://wrspc.ca/365convos/>
OR visit our social media pages!

Further Resources:

<https://wrspc.ca/maintaining-mental-wellness-during-covid-19/>

<https://www.crisisservicescanada.ca/en/what-happens-when-you-call-the-canada-suicide-prevention-service/>

<https://www.carizon.ca/>

<https://www.frontdoormentalhealth.com/>

<https://www.interfaithcounselling.ca/index.php>

<https://www.kwcounselling.com/>

Self Care

OVERVIEW

Self Care Ideas

Embrace your imperfections. Do some light exercise. Practice positive self talk. Spend time with true friends. Get the proper amount of sleep. Practice deep breathing or mindfulness a couple times a day.

Review the Kids Help Phone's Wheel of Wellbeing. This wheel presents an opportunity to consider the interconnected nature of different parts of our wellbeing. No piece of our health can be considered in isolation.

- School and Work.**
- Relationships.**
- Emotions.**
- Environment.**
- Spiritual.**
- Creativity and Thinking.**
- Physical.**

REFLECTION

Try out the Mental Wellness Network of Waterloo Region's reflection tool.

Each week, try to write down at least three answers for each of the following topics!

- People that I connected with
- Things that I have noticed
 - Activities that I did
 - Small gestures I made
 - New things I tried

Brainstorm: Nice things I can do for others. Ways I can take notice of the things around me. People I can connect with. Things I can learn. Things I can do to stay active.



Resources



Insights into how we can really make self-care a practice to protect ourselves and promote our own mental wellness. A conversation with Adrienne Luft.

<https://fb.watch/6hSyDYfuf3/>

Review full month's content at:

<https://wrspc.ca/365convos/>
OR visit our social media pages!

Further Resources:

<https://kidshelpphone.ca/get-info/kids-help-phones-wheel-of-well-being>

<https://wrspc.ca/life-promotion/>

Hope & Belonging

OVERVIEW

Hope

"Hope drives optimism about tomorrow"

"Hope reminds us that "I can shape my future" because things won't be this way forever and life is full of opportunity, which also gives us hope in the present moment"

Belonging.

"Belonging is connectedness, relationships with family, community and nature. It is evident through the love, kindness and respect we feel from others"

A sense of belonging, a sense of connection & identification with others can also help shift our perspective when facing hardship. A sense of belonging reminds us that "I am not alone"

REFLECTION

In what ways have our conversations this far contributed to our ability to experience hope?

What ways have you sought out hope in the last year?

How might hope be an asset for taking care of your mental health this summer?

Consider the ways in which a sense of belonging may impact others and yourself. How can we continue to create belonging in our lives and be more inclusive to others, to allow them to also have a sense of belonging?

Adapted from <https://www.suicideinfo.ca/hope-belonging-meaning-purpose/>

Resources



Information about where the Hope, Belonging, Meaning, and Purpose framework comes from, and what it means to her. A conversation with Mara Grunau.

<https://fb.watch/auFFIUsXnD/>

Review full month's content at:

<https://wrspc.ca/365convos/>
OR visit our social media pages!

Further Resources:

<https://www.suicideinfo.ca/hope-belonging-meaning-purpose/>

<https://www.hopeforwellness.ca/>
1 855 242-3310

<http://cultureforlife.ca/>

Meaning & Purpose

OVERVIEW

Meaning

"Meaning is created by an attitude towards living" "Meaning, like purpose, reminds us that our lives are worth living, no matter what, because life isn't just about the day-to-day routines we create for ourselves, but instead about something deeper.

Purpose

"Purpose creates an understanding that every person is sacred, that the physical body is "home" for the spirit, heart, and mind, all of which are interconnected to the other and work inseparably"

"When we have purpose in our lives, we have a reason for living. Reasons for living give us resilience in the face of challenges"

REFLECTION

Consider the ways you create or may begin to find meaning in your life.

How might meaning act as a tool for healthier living?

Consider what tools can help one find their purpose, and develop their reason for living.

Consider how we might use purpose as a tool during challenging times.

Adapted from <https://www.suicideinfo.ca/hope-belonging-meaning-purpose/>



Resources



Yourth Reflections - Connecting with Culture share what Hope, Belonging, Meaning & Purpose mean to them.

Video take from -
<http://cultureforlife.ca/>

Review full month's content at:

<https://wrspc.ca/365convos/>
OR visit our social media pages!

Further Resources:

<https://www.suicideinfo.ca/hope-belonging-meaning-purpose/>

<https://www.hopeforwellness.ca/>
1 855 242-3310

<http://cultureforlife.ca/>

Working together to Prevent Suicide

OVERVIEW

World Suicide Prevention Day

Started in 2003 on September 10th by the International Association for Suicide Prevention (IASP), with endorsement from the World Health Organization (WHO).

Each year over 70 countries participate in the activities to raise awareness globally.

The suicide prevention awareness ribbon colours- yellow and orange, signify suicide prevention around the world. The two toned ribbon is indicative of a candle flame.

When creating a suicide prevention awareness campaign, focus on stories of recovery and resilience and messaging of hope. Avoid alerting the public, presenting grim statistics, or conveying suicide as usual and expected.

REFLECTION

What did you take away from World Suicide Prevention Day?

How might we continue to learn and use what we have learned in our everyday lives?

Where can we be continuing these conversations?

How can we partake in the 2021 theme of "Creating Hope Through Action"?

Consider taking time to reflect on the conversations we have had so far this year, and how we might use learned skills or gathered information to participate in suicide prevention.



Resources



World Suicide Prevention Day
2021 Ceremony and Butterfly
Release.

<https://fb.watch/aw8fwHd0Xu/>

Review full month's content at:

<https://wrspc.ca/365convos/>
OR visit our social media pages!

Further Resources:

Mental Health Commission of Canada: Creating an
Effective Suicide Prevention Awareness Campaign

<https://www.iasp.info/wspd/>

<https://www.livingworks.net/start>

Diversity In Suicide Prevention

OVERVIEW

Listen and Learn

The importance of amplifying voices of individuals with lived and living experience, and how this supports ensuring that unique experiences and diverse needs are considered within the work of mental health and life promotion.

Umi Mohammed Equity Leader with Lutherwood, chats with WRSPC Student Eve each week looking at a different question.

REFLECTION

What does equity look like, specifically when we are talking about resources for mental health and life promotion?

How can we listen to the voices of those with lived and living experiences? How do we ensure that the right voices are amplified in this work?

How can we make sure that mental health resources are accessible and equitable?

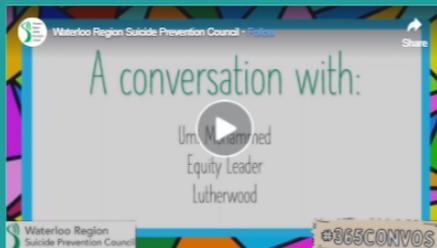


Resources



Umi shares on “What does equity look like, specifically when we are talking about resources for mental health and life promotion?”

<https://fb.watch/awbVj0IQ38/>



Umi shares on “How can we listen to the voices of those with lived and living experiences? How do we ensure that the right voices are amplified in this work?”

<https://fb.watch/awb-wODpuQ/>



Umi shares on “How can we make sure that mental health resources are accessible and equitable?”

<https://fb.watch/awc1Lejkbo/>

Review full month's content at:

<https://wrspc.ca/365convos/>
OR visit our social media pages!

Further Resources:



Bereavement

OVERVIEW

How to support someone who is grieving

Follow the lead of the person who is grieving

Don't be afraid to ask about their loved one or to say their loved one's name

Research the impact of suicide loss

Reach out. Be there. Your very presence will be comforting and reassuring. Contact the bereaved person on the regular basis.

Be courageous. Approach those who have lost a loved one by suicide.

Listen with your full attention
Offer to help with specific tasks

Ways to help ourselves

Claim your right to grieve
Express emotions
Actions- do something active
Remember your grief is unique
Keep on talking
Do what works for you
Hold on to your memories

REFLECTION

Which resources might we call on to help us in bereavement?

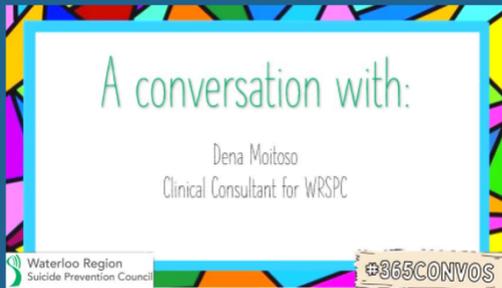
How might we reach out, and find the supports we may need, especially in challenging times?

Which conversations stood out to you so far this year? How might they be applicable to grieving processes?

Check out the Waterloo Region's suicide loss support group: "Why...?" Support After Suicide Loss



Resources



A conversation with Dena Moitosa as she focuses on three basic ideas on how to care for yourself as you honour your grief.

<https://vimeo.com/641619672/af3484b9c5>

Review full month's content at:

<https://wrspc.ca/365convos/>

OR visit our social media pages!

Further Resources:

<https://wrspc.ca/supporting-others/supporting-someone-grieving/>

<https://wrspc.ca/coping-with-suicide-loss/support/>

<https://wrspc.ca/coping-with-suicide-loss/first-steps-to-healing/>

<https://www.camh.ca/-/media/files/guides-and-publications/hope-and-healing-en.pdf>

transitions

OVERVIEW

Transitions are the process or a period of changing from one state or condition to another. We all experience various transitions throughout our lives. These transitions can impact each of us differently. How we cope with these transitions varies person to person.

Retirement for Men

Some men tend to have greater difficulty in this time as they try to form relationships and interests outside of the workplace

Life changes experienced by older adults

The importance of maintaining social connections as you age and move through transitions later in life. Ex. Retirement, illness, loss of spouse, etc.

Tips for transitions

Stay socially connected and find emotional support
Plan for change
Stay active, in body and mind

Becoming a parent

For many, new parenthood is a joyous time. However, this transition may also bring about other emotions, such as: worry, disappointment, anger or fear.

REFLECTION

How might we ensure that everyone is supported in their transitions? For those in transitions, how might you find further resources for meaning making?

Reflect on some ways in which you may have worked through past transition periods. How might some of the strategies you used then help you in your next transition? How might you be best prepared for transitions? What supports can you lean on during difficult transitional times?

How might we keep the momentum of #365Convos in the new year, and the years to follow? What might be a habit we can adapt for the new year?



Resources

New Year

With the new year in mind we would like to focus on several different ideas to be mindful of as you set our goals for 2022 including self-compassion, self-esteem, self-kindness and a sense of common humanity and mindfulness.

Kristin D. Neff, (2011), Self-Compassion, Self-Esteem, and Well-Being. <https://online.library.uwaterloo.ca/doi/abs/10.1111/j.1751-9004.2010.00330.x>

Self Esteem

"Self-esteem is derived from thinking we're good at things that have significance to us, but not those we don't personally value" as well as, "a 'looking glass self'- our perceptions of how we appear in the eyes of others" (NEFF, 2011, Pg. 1, 2)



Waterloo Region
Suicide Prevention Council @365CONVOS

Kristin D. Neff, (2011), Self-Compassion, Self-Esteem, and Well-Being. <https://online.library.uwaterloo.ca/doi/abs/10.1111/j.1751-9004.2010.00330.x>

Recipe for Self Compassion

Alternatively, Kristin Neff suggests that self-compassion "entails three main components which overlap and mutually interact: self-kindness versus self-judgement, feelings of common humanity versus isolation, and mindfulness versus over-identification" (NEFF, 2011, Pg. 4)



Waterloo Region
Suicide Prevention Council @365CONVOS

Kristin D. Neff, (2011), Self-Compassion, Self-Esteem, and Well-Being. <https://online.library.uwaterloo.ca/doi/abs/10.1111/j.1751-9004.2010.00330.x>

Self Kindness

"Refers to the tendency to be caring and understanding with ourselves rather than harshly critical or judgemental. Personal flaws and inadequacies are treated in a gentle, understanding manner, and the emotional tone of language used towards the self is soft and supportive" (NEFF, 2011, Pg. 4)



Waterloo Region
Suicide Prevention Council @365CONVOS

Kristin D. Neff, (2011), Self-Compassion, Self-Esteem, and Well-Being. <https://online.library.uwaterloo.ca/doi/abs/10.1111/j.1751-9004.2010.00330.x>

Sense of Common Humanity & Mindfulness

"The sense of common humanity central to self-compassion involves recognizing that all people fail, make mistakes, and feel inadequate in some way".

Mindfulness, "involves being aware of present moment experience in a clear and balanced manner so that one neither ignores nor ruminates on disliked aspects of oneself or one's life" (NEFF, 2011, Pg. 4)



Waterloo Region
Suicide Prevention Council @365CONVOS

Review full month's content at:

<https://wrspc.ca/365convos/>
OR visit our social media pages!

Further Resources:

<https://inside.lhsc.on.ca/article/summer-2016/helping-retired-men-find-new-meaning-life>

https://www.canada.ca/en/public-health/services/mental-health-wellness-all-ages/older-adults_life-changes.html

<https://www.carizon.ca/group-programs/>

We All Have A Role

OVERVIEW

We all have a role to play in the work of suicide prevention!

As members of the community, we all have a role to play: we can watch for those who may be struggling, check in with them, encourage them to tell their story in their own way and at their own pace, and seek supports.

This month several community members and professionals share how the work of suicide prevention impacts them and the work that they do in our community.

REFLECTION

What do you see as your role to play in the work of suicide prevention?

How could you, or do you, continue the conversation about suicide prevention?

What does the work of suicide prevention mean to you in a professional level?



Resources

Eve Astolki
WRSPC Student
Intern 2021.

"I was able to take a deeper dive into life promotion and suicide prevention than I ever have before and consider the many intersections of this work."

Please see full quote on website

Waterloo Region
Suicide Prevention Council

#365CONVOS

Kathy Payette
Director, Children's Mental
Health, Lutherwood

"Wellness needs to be on the table as does a place for the voice of suicide prevention, and for the education and the training specifically associated with suicide prevention."

Please see full quote on website

Waterloo Region
Suicide Prevention Council

#365CONVOS

Doug and Sandra Ranton,
Friends of the WRSPC

"What can we do as community members, neighbors, friends, loved ones? We can listen. We can ask. We can talk. We need to normalize the conversation of our mental health."

Please see full video quote on our website

Waterloo Region
Suicide Prevention Council

#365CONVOS

Ryan Schubert,
Deputy Chief of Guelph Fire
Department

"...the fact that we are hearing people share their stories and engaging in healing conversations shows that people are taking very important steps on the path to a healing journey."

Please see full quote on website

Waterloo Region
Suicide Prevention Council

#365CONVOS

Review full month's content at:

<https://wrspc.ca/365convos/>
OR visit our social media pages!

Further Resources:

<https://ontario.cmha.ca/news/blue-mondays-a-myth-but-winter-blues-are-all-too-real/>

www.wrspc.ca