

WHAT DOES SUICIDE PREVENTION INVOLVE?



Waterloo Region
Suicide Prevention Council

HOPE

Prevention work (**HOPE**) involves promoting general mental wellbeing for all individuals in a community, not just those experiencing suicidal thoughts or behaviors or mental illness.

WSPC PROMOTES HOPE BY:

- Incorporating general mental wellbeing concepts such as stress management, coping skills, and connection into our events and presentations. These are concepts that can benefit anyone, helping to improve overall mental health which can prevent experiences of poor mental health such as future suicidal thoughts or behaviours

YOU CAN CONTRIBUTE BY:

- Taking care of your own wellbeing by practicing self-care, learning your signs of stress, and reaching out for support when you feel yourself having trouble coping
- Having meaningful conversations and checking in with friends in an honest and open way about mental health to catch signs of struggle early



HELP

Intervention work (**HELP**) involves Identifying individuals who are thinking of suicide, encouraging them to reach out, and providing support to reduce their suicidal thoughts or behaviours.

WRSPC PROMOTES HELP BY:

- Providing workshops, presentations, and LivingWorks trainings that teach individuals to recognize someone who is struggling with suicide and get them to help
- Promoting crisis and mental health supports in our community so individuals know where to go if they or a friend are struggling

YOU CAN CONTRIBUTE BY:

- Taking a training such as SafeTALK or ASIST or having WRSPC come to your workplace to deliver an educational presentation
- Being aware of and sharing community resources. Try posting crisis and mental health support information on your fridge or in your workplace lunchroom



HEALING

Postvention work (**HEALING**) involves supporting individuals who have been impacted by suicide, such as those who have attempted suicide or those who have lost a loved one to suicide.

WRSPC PROMOTES HEALING BY:

- Providing a safe space and meaningful opportunities for individuals who have been touched by suicide to engage in healing activities through attending community events or volunteering with us.
- Running a suicide bereavement support group four times per year for those who have lost a loved one to suicide.
- Educating communities to reduce stigma

YOU CAN CONTRIBUTE BY:

- Gaining a better understanding of suicide and suicide grief to reduce stigma and be better equipped to talk about suicide or support those who have been impacted. Stigma impacts the ability of individuals to heal, so by investigating our biases, learning the truths and myths about suicide, and learning about suicide and suicide bereavement, we create a safer community for those healing.



LEARN MORE AT WRSPC.CA



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