

ACCOMPLISHMENTS AND ONGOING ACTIVITIES

- Handbooks on Suicide Risk Assessment and Intervention
- Sponsorship of Annual Public Forums in Recognition of Suicide Prevention Day
- Publication of a bi-annual Newsletter
- Provision of Consultation and Resource Support
- Media Relations
- Fund Raising
- Public Speaker's Bureau
- Establishment of website www.wrspc.ca
- Annual conference
- "WHY" series of brochures

FUTURE PLANS

- Wider distribution of information on Suicide Assessment and Prevention to our Community
- Continuous revision of published materials

CALL FOR MEMBERSHIP

To Help Us Achieve Our Goals
We Need and Welcome:

- All Interested Individuals
- Community Professionals
- Agency Membership
- Active and Advisory Members

FOR MORE INFORMATION

CALL

(519) 744-7645 Ext. 310

This is not a crisis line

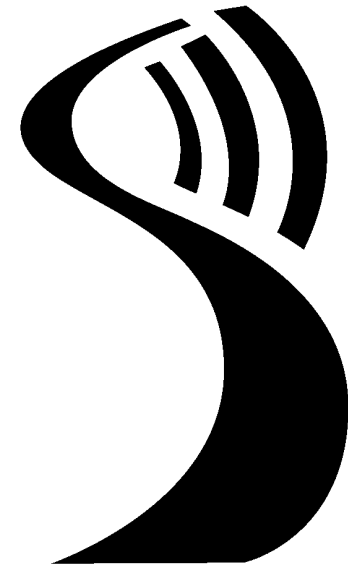


Waterloo Region
Suicide Prevention Council

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Waterloo Region Suicide Prevention Council

Committed to the
Reduction of Suicidal
Behaviour and its
Impact on Individuals,
Families and
Communities

Member of the Ontario Suicide
Prevention Network and the Canadian
Association for Suicide Prevention

BACKGROUND

The Waterloo Region Suicide Prevention Council was established in 1997 as a result of a community wide forum on developing responses to suicidal behaviours in our Region.

Council membership includes interested individuals, community professionals and agency representatives.

VISION

We envision a community where all people are supported to:

- Develop to their full potential
- Live to their full life expectancy
- **Enjoy a positive quality of life**

MISSION STATEMENT

Believing that every person has the right to be supported in living a healthy, positive life, our mission is to reduce suicidal behaviour and its impact on individuals, families and communities

GOALS

To promote a community wide strategy which leads to a reduction in the incidence of suicide through:

- Public Awareness
- Education and Skill Development
- Advocacy

To reduce the impact of suicidal behavior on our community through:

- **Improvement of services**
- **Community consultation, coordination and collaboration**

SUICIDE HELP CARD

If Someone You Know:

- Threatens suicide
- Talks about wanting to die
- Shows changes in behaviour
- Show changes in mood
- Abuses drugs or alcohol
- Deliberately injures themselves
- Appears depressed or sad
- Withdraws from others

You Can Help:

- Stay calm and listen
- Let them talk about their feelings
- Let them tell you what is happening
- Be accepting...Do Not Judge
- Take threats seriously
- Don't keep secrets: Tell Someone
- Stay with the person

Get Help: You Can't Do It Alone

- Family, friends, relatives
- Clergy, teachers, counsellors
- Family doctor
- Crisis Lines

In Emergencies:

- Go to the nearest emergency department
- Call 911

See the inside front cover of your phone book for CRISIS LINES and EMERGENCY NUMBERS

Please feel free to print and distribute this help card.
This card was reprinted with modifications by permission of the Suicide Information and Education Centre web site at:
www.suicideinfo.ca