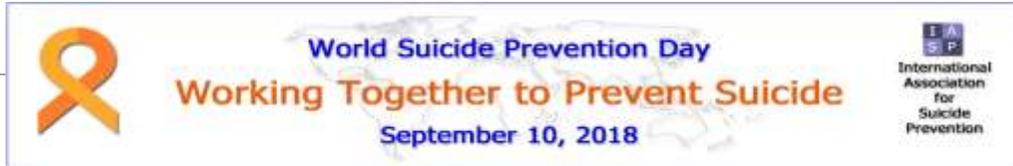


WAINWRIGHT COMMUNITY CONNECTOR

Courtesy of Wainwright & District Family & Community Services

902 5 Ave., Wainwright, AB

www.wdfcs.ca



This September marks World Suicide Prevention Day

This newsletter is dedicated to those affected by suicide.

Quick Facts

- Nearly 4000 Canadians die each year by suicide, an average of 10 suicides per day.
- For each death by suicide there are as many as 100 suicide attempts.
- One in ten adolescents thinks about suicide.
- The highest rates of suicide occur during midlife (ages 40-59) in Canada.
- In Canada only 1 out of 5 children who need mental health services receives them.
- Mental Illness is the leading cause of disability in Canada.

Youth at Risk of Suicide

Are you or someone you know at crisis? Don't blame yourself! Being unwell, whether physically or mentally, is not a sign of weakness or failure. Looking and asking for help is a sign of strength. As difficult as it is, the first step to finding solutions other than suicide is to ask for help. Help is always available such as:

- **Talking to a parent, teacher, counsellor, doctor, or other trusted adult.**
- **Talking, texting, or chatting with a helpline**
Kids Help Phone: 1-800-668-6868
Or 911

What if they don't understand? What is the person you tell just doesn't get it? The most important thing is to get help. Sometimes people aren't in a good place themselves to help others, or they may be afraid. In other words it's not you it's them! So don't give up, talk to someone else your life is important!

If you are suicidal please phone 911 or go to emergency

Just when the caterpillar thought the world was over, it became a butterfly.

The moment you're ready to quit is usually the moment right before a miracle happens.

Be on the lookout for warning signs of suicide

- Significant mood changes
- Withdrawal
- Dropping grades
- Bad hygiene
- Changes in eating habits
- Risk taking behavior
- Always feeling sick
- Giving away items they really like

All suicidal thoughts or threats must be taken seriously.

There are certain things a suicidal person may say or do to indicate their thoughts.

In Crisis?

Kids Help phone: 1-800-668-6868 or 911
AB Mental Health Help Line: 1-877-303-2642
AB Addiction Help Line: 1-866-332-2322
LGBTQ Support Line: 1-877-688-4765
National Suicide Prevention Lifeline: 1-800-273-8255
www.suicideinfo.ca
www.suicideprevention.ca

World Suicide Prevention Day

Will be recognized on

September 15th

With a Walk of Remembrance at the Bud Miller Park in Lloydminster from **3-6p.m.**

This walk honors the memories of loved ones who died due to suicide and focuses on Mental Health Awareness.

There will be guest speakers and entertainment.

For more information contact Neil at
(306) 825-5523

I Remember the Day

I remember the day as if it was yesterday. The day I found out my friend committed suicide. That morning I woke up to the worst words I have ever heard, "My friend had killed himself last night." My first reaction was that my mom had to be lying. I told myself that there was no way someone I had been with a few hours before had taken his own life.

When I finally realized it was true, I was devastated. I could not understand why he would do something like this. But, the more I thought about it the worse I felt. I began to wonder why I didn't know he was going to do it. Maybe if I could have told him that we were all there for him.

My friend was your typical twenty-year old guy. He had his own place, a full time job and a serious girlfriend. Most people would say he had it pretty good but he had many problems with depression which caused him to see more of the bad things in his life than the good.

His funeral was one of the hardest days of my life. This was also true for many others. It was a day we all had to say good-bye to a wonderful person. The funeral was attended by more than 500 people. It seemed as if every person that ever came into contact with him was there.

When the funeral was over, my parents said that life would get back to normal. But things only seemed to get worse. I had trouble sleeping and began avoiding going to school. I couldn't handle seeing his siblings without breaking into tears. My friends and family tried to talk to me about it, but I couldn't put it into words the way I felt.

Months after his death, nothing had changed with how I was feeling. I then decided I needed to talk to someone about it. I went and seen a teacher of mine.

She told me that there was nothing I or anyone else could have done, that he would have wanted me and everyone else to keep living life. What she told me was the same as my parents and friends had said, but I guess I just needed to hear it one more time.

After a lot of talking and crying, my life began to get back on track. No matter how normal it felt, it would never really be the same.

In my experience with suicide I learned a lot about life and myself. I learned that it is ok to ask for help and you will be surprised how many people are willing to help you.

-Anonymous

Stories of Hope Second Edition

Research shows that 1 in 25 Canadians will make a suicide attempt at some point during their lifetime, and approximately one in ten will seriously consider it.

No one is exempt from experiencing the pain of loss.

Let's learn together how to help each other.

Bereavement and Grief Workshop

Thursday September 27, 2018

9:30a.m – 3:30p.m

Wainwright Grace United Church

Register by September 24, 2018 as space is limited.

Call: Wainwright Community Care (780) 842-4077.

There is no cost and lunch is included.

The Wainwright Palliative Care Committee is pleased to offer this free one day workshop.

NEED SUPPORT IN WAINWRIGHT?

Alcoholics Anonymous, meets Mondays @ 8p.m in the Provincial Building and Thursdays & Saturdays @ 8p.m at St. Thomas Anglican Church

Al-Anon, meets Thursdays @ 8p.m in the Provincial Building

Narcotics Anonymous, meets Wednesdays @ 8p.m in the Lutheran Church

Alzheimer Caregiver Support Group, meets first Wednesday of the month @ 7p.m in the Provincial Building

Walking Thru Grief Support Group, meets twice a month must register. Please phone Shirley at (780) 846-2576.

Parkinson's Support Group, meets the second Tuesday of the month @ 11a.m in the Provincial Building. Call Lauren at (780) 808-5006