

January 17, 2019

Suicide Prevention Newsletter

Hello,

The Gaspésie – Les Îles Suicide Prevention community of practice in Public Health wishes to inform you of their latest accomplishments.

Community practice:

Our community practice exchanges, via conference call, once a month. At our meetings, we discuss what is happening in our territory, regarding suicide prevention. We have five trainers on the Gaspé Coast and in the Magdalen Islands. Our community practice is led by Nancy Gédéon, Planning, Programming and Research Officer (Regional Advocate for Mental Health Promotion / Prevention).

Suicide Prevention Newsletter:

We want to publish approximately three newsletters annually, to inform those in our area who have been trained in suicide prevention. We will send it to those who have received one of our trainings. In these newsletters, you will find information on suicide prevention or related topics. If you do not wish to receive these newsletters, simply inform the trainer of your sector. It will remove you from the mailing list.

Training offered:

- "AGIR en Sentinelle pour la prévention du suicide" (13 people trained in 2018)
- "GATEKEEPER for suicide prevention" (15 people trained in 2018)
- "AGIR en Sentinelle pour la prévention du suicide" – AGRICULTURAL (9 people trained in 2018)
- Repérage (identifying person vulnerable to suicide and apply the required protective measures (33 people trained in 2018)

A total of 70 people were trained in 2018, for the Gaspésie and Îles-de-la-Madeleine territories. For a description of the trainings, please contact the trainer of your sector.

Suicide Prevention Week:

This year, Suicide Prevention Week will be held from February 3rd to 9th. This edition theme is "Talking About Suicide Saves Lives". The Quebec Association for Suicide Prevention (AQPS) invites you to commit to the cause by raising awareness among your community, your family and your colleagues. The focus is on a fundamental element of prevention: speaking out. The website howtotalkaboutsucide.com offers tips on how to address the subject. We invite you to consult it. Promotional material is also available.



Support to Gatekeepers and trained persons:

We remind you that trainers are available to facilitate follow-up meetings as needed. If you wish to receive support, you can contact the trainer of your sector. Also, the 24/7 resources are there for you: 1-866-APPELLE Suicide Prevention Line and 811 Info-Social.

We wish you a nice winter and thank you for your involvement in suicide prevention.

The public health community of suicide prevention practice, Gaspésie and Îles-de-la-Madeleine territory

- Côte-de-Gaspé: Helsa-Émilie Langlois (418-368-2349, ext.4004)
- Rocher-Percé: Christine Sauvageau (418-689-6696, extension 5052)
- Baie-des-Chaleurs (Avignon): Sophie Arsenault (418) -364-7064), ext. 1461)
- Baie-des-Chaleurs (Bonaventure): Nancy Gédeon (418 752-2572, ext 1188)
- Upper Gaspé: Émilie Truchon-Villeneuve (418 763-2261, extension 2775)
- The Islands: Esther Arseneau-Forest (418) 986 -2121, ext. 8504)