

Suicide Prevention Newsletter

Gaspé Peninsula and Magdalen Islands

September 2019, no 2

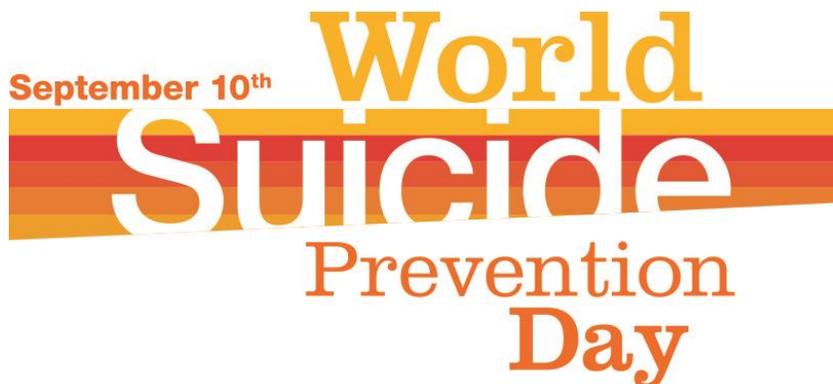
This Newsletter is produced by the Gaspé Peninsula and Magdalen Islands prevention community of practice in Public health and is intended for those who have been trained as Gatekeepers for suicide prevention or another of our trainings.

These newsletters contain relevant information on suicide prevention or related topics. You will also be advised about the different actions taken by our prevention community of practice in Public health in our region.

If you do not wish to receive these newsletters, simply inform the sender and your name will be removed from the mailing list.

Newscast

World Suicide Prevention Day 2019



This Tuesday, September 10th, join us and many others across the world who are playing their part in the prevention of suicide.

This is the second year that the World Suicide Prevention Day (WSPD) theme is "Working Together to Prevent Suicide." We have chosen this theme as it highlights the most essential ingredient for effective global suicide prevention - *collaboration*. We all have a role to play and together we can collectively address the challenges presented by suicidal behaviour in society today.

Preventing suicide is often possible and you are a key player in its prevention! You can make a difference – as a member of society, as a child, as a parent, as a friend, as a colleague or as a neighbour. There are many things that you can do daily. You can raise awareness about the issue, educate yourself and others about the causes of suicide and warning signs for suicide, show compassion and care for those who are in distress in your community, question the stigma associated with suicide, suicidal behaviour and mental health problems and share your own experiences.

Every life lost represents someone's partner, child, parent, friend or colleague. For each suicide, approximately 135 people suffer intense grief or are otherwise affected.

We invite you to consult the WSPD-brochure on this web site <https://www.iasp.info/wspd2019/wspd-brochure/>, for more information and to discover ways you can actively take part in the WSPD 2019.

Some data :

- Everyday 3 Quebecers take their lives.
- Men account for more than three quarters of suicides.
- Since 2015, the highest suicide rate has been observed amongst men aged between 45 and 64 years old.
- Hanging (strangulation and suffocation) is the most common method of ending one's life in the Gaspé Peninsula and the Magdalen Islands (49% of suicides) followed by the use of firearms (27%).

To find out more about recent data on suicide in Québec, visit:

(https://www.inspq.qc.ca/sites/default/files/publications/2497_suicide_quebec.pdf)

For the regional data, visit:

<https://www.cisss-gaspesie.gouv.qc.ca/le-cisss/statistiques-r%C3%A9gionales/documents-par-th%C3%A9matique/sant%C3%A9-mentale-et-suicide.html?lang=fr>

Did you know?

- Suicide risk is 5 times higher in homes where firearms are found.
- Very often, the firearm used in a death by suicide did not belong to the person in distress.
- Increasing the difficulty of accessing a firearm saves precious minutes: the person in distress can change his or her mind and call for help.
- In addition, it can give more time to family, caregivers or police to make an effective intervention.

So at the beginning of this hunting season, be aware and lock-up your guns.

For more information on the subject, visit: <http://securitearmeafeu.info/>.

Reminder

A person vulnerable to suicide is looking for a way or a strategy to stop suffering. People considering suicide feel ambivalent until the very last minute and part of them wants to live. This is the part that we want to keep safe and that can maintain a person alive.

Speaking openly about suicide does not give a person suicidal thoughts and asking direct questions such as: « Are you thinking about suicide? », «Is it sometimes so hard that you think about killing yourself? » or «Does it hurt to the point that you would think of ending your life? » is the only way to know if a person is having suicidal thoughts. By asking directly, you are not suggesting the idea, you are opening the door for the person to express their suffering. If there is the presence of suicidal thoughts, the person might even feel relieved that someone has noticed their distress and this may allow them to feel comforted by your interest in how they are feeling.

Support to Gatekeepers and other trained persons

You have access to professional support at all times. So don't hesitate to contact the «designated contact person» (1-866-APPELLE/277-3553 or 811) who can assess the overall situation, reassure and give support and make sure that people get the professional help they need.

To organize a follow-up meeting, do not hesitate to contact the trainer of your sector.

The Gaspé Peninsula – Magdalen Islands prevention community of practice in Public health:

Côte-de-Gaspé : Helsa-Émilie Langlois (418 368-2349, poste 4004)

Rocher-Percé : Christine Sauvageau (418 689-6696, poste 5052)

Baie-des-Chaleurs (Avignon) : Sophie Arsenault (418 364-7064, poste 1403)

Baie-des-Chaleurs (Bonaventure) : Nancy Gédéon (418 752-2572, poste 1188)

Haute-Gaspésie : Émilie Truchon-Villeneuve (418 763-2261, poste 2775)

Magdalen Islands : Esther Arseneau-Forest (418 986-2121, poste 8504)

You can consult all the Suicide Prevention Newsletters on the CISSS de la Gaspésie WEB site under the tab: *Santé publique* → *Prévention et Promotion* → *Promotion de la santé mentale et prévention du suicide* → *Bulletins Info-prévention suicide*.

Suicide prevention and mental health and wellness, are the heart of our concerns for all Gaspesians and Madelinots.

We wish you a beautiful fall and thank you for your involvement in suicide prevention.

Need help for you or a loved one:

Suicide prevention hotline : 1-866-APPELLE (277-3553)

Info-Social (811)
