

Suicide Prevention Newsletter

Gaspé Peninsula and Magdalen Islands

February 2020, no 3

2019 Feedback

- ❖ **Suicide prevention newsletter:** In 2019, we produced two annual « Suicide Prevention newsletter »: one in January and the other in September. They are available on the CISSS de la Gaspésie's website :

Santé Publique -> Prévention et promotion -> Promotion de la santé mentale et prévention du suicide -> Bulletins Info-prévention suicide.

- ❖ **Training given :**

Number of people who have been trained	2018	2019
« AGIR EN SENTINELLE » pour la prévention du suicide	13	73
GATEKEEPER for suicide prevention	15	8
« Agir en sentinelle » pour la prévention du suicide-DÉCLINAISON AGRICOLE	9	7
REPÉRER la personne vulnérable au suicide et appliquer les mesures de protection requises	33	10
Total :	70	98

During the past year (2019) we have trained 98 people for the Gaspé Peninsula and Magdalen Island territory. To obtain the description of the GATEKEEPER for suicide prevention training please contact the resource person in your area.

The year 2020

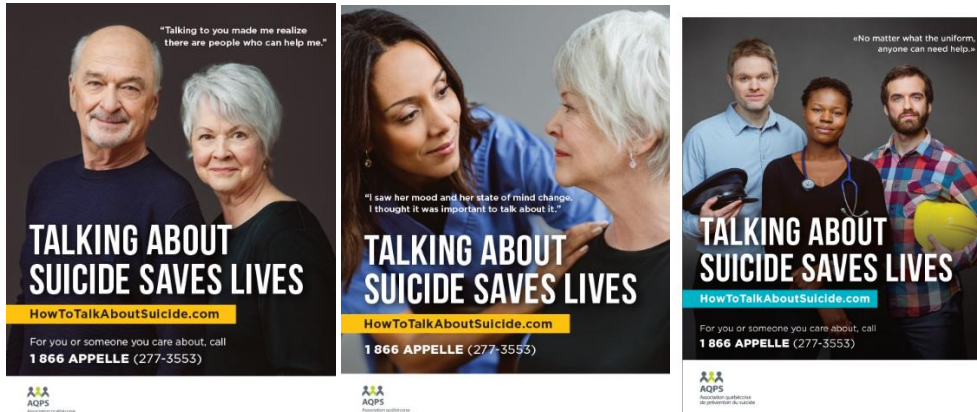
- ❖ **Bell Let's Talk day will be held on Wednesday, January 29th #bellletstalk.** Dedicated to moving mental health forward in Canada, **Bell Let's Talk** promotes awareness and action with a strategy built on 4 key pillars: Fighting the stigma, improving access to care, supporting world-class research and leading by example in workplace mental health. Want to join in to help create positive change, but don't know how? To help you visit the **Bell let's talk** website and discover their toolkits such as a Conversation Guide, helpful templates for use in schools, communities and workplace as well as sharable images to show your support.



- ❖ **“Talking about suicide saves live”** is the theme of the 30th Suicide Prevention Week, which will be held on February 2 to 8, 2020.

“Whether it is to express distress or find comfort, or ask a loved one who is not doing well if there is any way you can help them and if they are thinking about suicide, or whether it is to raise awareness in the community, there are words you can use to talk about suicide in a preventive and safe way. There are also ways to learn how to listen. Thus, speaking up not only has many benefits, but also makes for a stronger safety net” (Extrait du site : <https://commentparlerdusucide.com/>).

This year new posters are available to reach seniors, sport circles and relatives.



For more information you can visit « AQPS.INFO » and « Comment parler du suicide.com » websites.

Suicide prevention and mental health and wellness, are the heart of our concerns for all Gaspésians and Madelinots. We wish you a warm winter and thank you for your involvement in suicide prevention.

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) : Valérie Day (418 364-7064, poste 1461)

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)

Need help for you or a loved one:

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

Info-Social (811)
