



YOUTH SUICIDE AFFECTS US ALL

EARLY INTERVENTION IS KEY

IN OTTAWA, 3730 HIGH SCHOOL STUDENTS SERIOUSLY CONSIDERED SUICIDE IN THE LAST YEAR. OF THESE!...



WANT TO TALK?

YSB: 613 260 2360, OR
DISTRESS CENTRE: 613 238 3311

AMONG UNIVERSITY STUDENTS IN ONTARIO²...

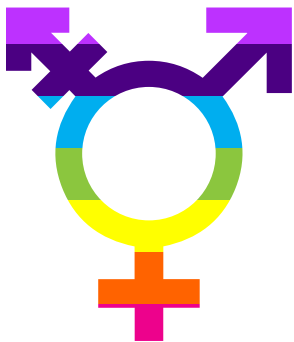


NEED HELP? GOOD2TALK: 1 866 925 5454

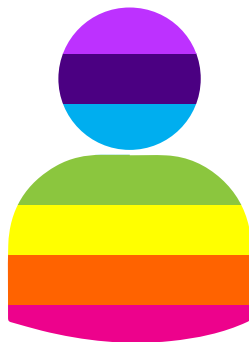
STIGMA, PREJUDICE, DISCRIMINATION AND SOCIAL INEQUALITY CAN LEAD TO HIGHER RATES OF SUICIDE.



IN CANADA, INUIT YOUTH ARE 11 TIMES MORE LIKELY, AND FIRST NATIONS YOUTH ARE 5-6 TIMES MORE LIKELY, TO DIE BY SUICIDE THAN THEIR NON-INDIGENOUS PEERS³⁻⁴. REACH OUT FOR SUPPORT: FIRST NATIONS AND INUIT HOPE FOR WELLNESS HELP LINE IS 1 855 242 3310



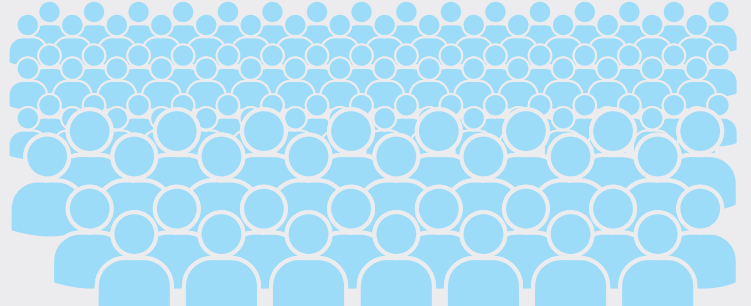
AMONG TRANS YOUTH IN ONTARIO, **51% SERIOUSLY CONSIDERED SUICIDE AND 19% ATTEMPTED SUICIDE IN THE PAST YEAR⁵**



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LGBTQ YOUTH ARE 3 TIMES MORE LIKELY TO ATTEMPT SUICIDE THAN THEIR HETEROSEXUAL PEERS IN CANADA⁶. GET HELP LGBT YOUTHLINE: 1 800 268 9688

IN OTTAWA, EVERY YEAR 9 YOUTH AGED 15-24 DIE BY SUICIDE⁷. FOR EACH DEATH MANY PEOPLE ARE AFFECTED⁸.



WE'RE WORKING TOGETHER TO SAVE LIVES: KNOW WHAT TO DO

LEARN THE SIGNS
CSPN-RCPS.COM

SAY SOMETHING
ASK DIRECTLY IF
THEY'RE THINKING
OF SUICIDE

GET INVOLVED
GET safeTALK OR
ASIST TRAINING AT
OTTAWA.CMHA.CA

LEARN MORE
EDUCATE YOURSELF,
REDUCE STIGMA

SUICIDEPREVENTION.CA, TRC.CA
TRANSPULSEPROJECT.CA
RAINBOWHEALTHONTARIO.CA,
SOURCESOFSTRENGTH.ORG

1 Ottawa Public Health. Ottawa Student Drug Use and Health Report, 2014. Ottawa (ON): Ottawa Public Health; 2014.

2 American College Health Association. American College Health Association-National College Health Assessment II: Ontario Canada Reference Group Executive Summary Spring 2016. Hanover, MD: American College Health Association; 2016.

3 Hicks, J. (2015) *Statistical data on death by suicide by Nunavut Inuit, 1920-2014*. Ottawa, ON: Nunavut Tunngavik

4 Kirmayer, L.J., Brass, G.M., Holton, T., Paul, K., Simpson, C., Tait, C. (2007) *Suicide Among Aboriginal People In Canada*. Ottawa, Ontario: The Aboriginal Healing Foundation

5 Bauer GR, Pyne J., Francino, M.C., Hammond, R. (2013). Suicidality among Trans People in Ontario: Implications for social work and social justice. *The Journal of Social Service*, 59(1): 35-62

6 Taylor, C. & Peter, T., with McMinn, T.L., Elliott, T., Beldom, S., Ferry, A., Gross, Z., Paquin, S., & Schachter, K. (2011). Every class in every school: The first national climate survey on homophobia, biphobia, and transphobia in Canadian schools. Final report. Toronto, ON: Egale Canada Human Rights Trust.

7 Deaths by suicide in Ottawa, 2010-2014 average. Office of the Chief Coroner for Ontario, data extracted November 16, 2016.

8 Flanou, M., Cox, G., Nicholas, A., Spittal, M., Machlin, A., Robinson, J., Pirkis, J. (2016) Suicide Prevention Public Service Announcements (PSAs): Examples from Around the World. *The Journal of Health Communication*, 16 (6) 1-9

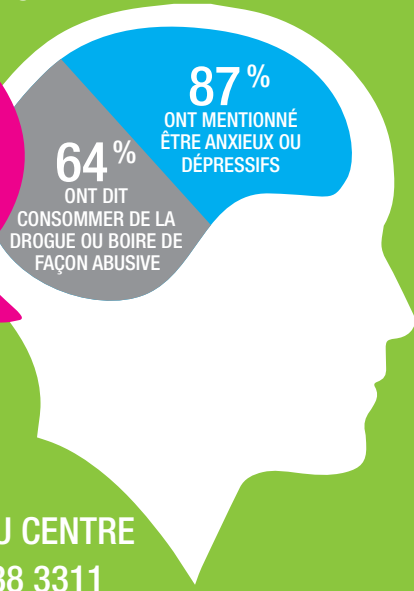


LE SUICIDE NOUS TOUCHE TOUS

L'INTERVENTION PRÉCOCE EST ESSENTIELLE

À OTTAWA, 3 730 ÉLÈVES DU SECONDAIRE ONT SÉRIEUSEMENT SONGÉ À SE SUICIDER L'ANNÉE DERNIÈRE. PARMIS CEUX-CI'...

71%
ONT DIT NE PAS SAVOIR OÙ SE TOURNER



VOUS VOULEZ PARLER?

BSJ : 613 260 2360 OU CENTRE DE DÉTRESSE : 613 238 3311

CHEZ LES ÉTUDIANTS UNIVERSITAIRES DE L'ONTARIO²...

13% ONT SÉRIEUSEMENT SONGÉ À SE SUICIDER AU L'ANNÉE DERNIÈRE

11% ONT DIT AVOIR TENTÉ DE LE FAIRE AU COURS DE LEUR VIE

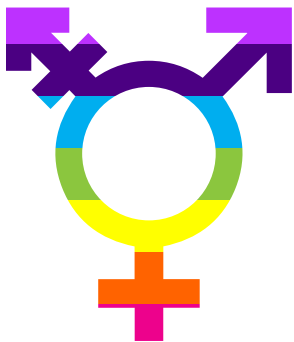
VOUS AVEZ BESOIN D'AIDE? ALLÔ J'ÉCOUTE :

1 866 925 5454

LA STIGMATISATION, LES PRÉJUGÉS, LA DISCRIMINATION ET L'INÉGALITÉ SOCIALE PEUVENT MENER À UNE AUGMENTATION DU TAUX DE SUICIDE



AU CANADA, LES INUITS ET LES JEUNES AUTOCHTONES SONT RESPECTIVEMENT 11 FOIS ET DE 5 À 6 FOIS PLUS SUSCEPTIBLES DE SE SUICIDER QUE LEURS PAIRS NON INUITS/AUTOCHTONES³⁻⁴. OBTENEZ DE L'AIDE : LIGNE D'ÉCOUTE D'ESPOIR POUR LE MIEUX-ÊTRE DES PREMIÈRES NATIONS ET DES INUITS 1 855 242 3310



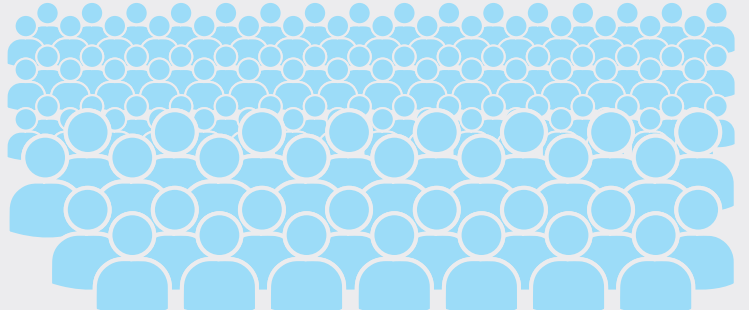
PARMI LES JEUNES TRANS ONTARIENS, **51%** ONT SÉRIEUSEMENT SONGÉ À SE SUICIDER ET **19%** L'ONT TENTÉ AU COURS DE LA DERNIÈRE ANNÉE⁵



X3

LES JEUNES LGBTQ SONT 3 FOIS PLUS SUSCEPTIBLES DE TENTER DE SE SUICIDER QUE LEURS PAIRS HÉTÉROSEXUELS AU CANADA⁶. OBTENEZ DE L'AIDE : LIGNE D'INFORMATION ET DE SOUTIEN EN ANGLAIS POUR LGBTQ 1 800 268 9688

À OTTAWA, 9 JEUNES DE 15 À 24 ANS SE SUICIDENT CHAQUE ANNÉE⁷. DE NOMBREUSES PERSONNES SONT TOUCHÉES PAR CHACUN DE CES DÉCÈS.⁸



IL FAUT UNE COMMUNAUTÉ POUR SAUVER DES VIES : SACHEZ QUOI FAIRE

APPRENEZ À CONNAÎTRE LES SIGNES
CSPN-RCPS.COM

DITES QUELQUE CHOSE DEMANDEZ DIRECTEMENT À LA PERSONNE SI ELLE SONGE AU SUICIDE

IMPLIQUEZ-VOUS SUIVEZ LA FORMATION SafeTALK OU ASISTEZ CHEZ OTTAWA.CMHA.CA

APPRENEZ RENSEIGNEZ-VOUS, RÉDUISEZ LA STIGMATISATION

SUICIDEPREVENTION.CA, TRC.CA
TRANSPULSEPROJECT.CA
RAINBOWHEALTHONTARIO.CA,
SOURCEFSTRENGTH.ORG

1 Santé publique. Résultats du sondage sur la consommation de drogues et la santé des élèves de l'Ontario, 2014. Ottawa (ON): Santé publique; 2014.

2 American College Health Association. American College Health Association-National College Health Assessment II: Ontario Canada Reference Group Executive Summary Spring 2016. Hanover, MD: American College Health Association; 2016.

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4 Kirmayer, L.J., Brass, G.M., Holton, T., Paul, K., Simpson, C., Tait, C. (2007) *Suicide Among Aboriginal People In Canada*. Ottawa, Ontario: The Aboriginal Healing Foundation

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