



## Suicide Prevention

**Did you know?** September 10<sup>th</sup>, 2024 is World Suicide Prevention Day.

Locate the *Suicide prevention* page on Canada Life's *Workplace Strategies for Mental Health*\* site today to learn how to identify and respond to indications of suicidal behaviour. The page includes sections on:

- Things to consider as part of an overall workplace psychological health and safety strategy;
- Who to go to if someone appears to be having difficulties; and
- How to increase awareness and support for those who may be struggling.

The *Canadian Association for Suicide Prevention* is hosting a free, live event via Zoom on September 10<sup>th</sup> from 10:30 to 11:30 am. The event, *Changing the Narrative: How we can Reshape Public Discourse about Suicide to Save Lives*, will include special guest Dr. Mark Sinyor – a Psychiatrist and Professor who has published more than 100 scientific papers on suicide and has a focus on safe public messaging.

Interested in attending? Register online [here](#).