




Mental Health Commission of Canada / Commission de la santé mentale du Canada

#308conversations


Mental Health Commission of Canada

Suicide Prevention Webinar:
Tuesday July 8, 2014
1 to 1:30 p.m. ET

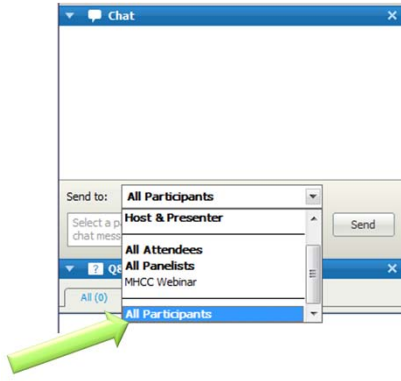
Presented By:
Stephanie Machel
– Director, Suicide Prevention



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Important! Send questions/comments to:
'All Participants'



Chat

Send to: All Participants

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Host & Presenter

All Attendees


All Panelists

MHCC Webinar


All (0)

All Participants

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Suicide Prevention Webinar Series

Purpose

- Focus on suicide prevention, postvention and intervention across the lifespan;
- Share knowledge, resources and lessons learned with Canadians; and
- Showcase promising practices from across Canada and abroad.

Learning Objectives

- Create and exchange knowledge about the topic;
- Understand link between suicide and mental illness;
- Increase levels of comfort and confidence in addressing and discussing suicide;
- Increase awareness of resources and how to access them.

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Overview

- MHCC Mandate
- Why Suicide Prevention Matters
- Suicide Prevention Framework
- #308conversations:
 - What Is It?
 - Why Is It Happening?
 - Whose Involved?
 - When & Where?

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MHCC Mandate (2007-2017)

“The Mental Health Commission of Canada (MHCC) is a catalyst for improving the mental health system and changing the attitudes and behaviours of Canadians around mental health issues.

Through its unique mandate from Health Canada, the MHCC brings together leaders and organizations from across the country to accelerate these changes.”

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Program areas and priorities (2013-2015)



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Why it Should Matter

- Every two hours a Canadian will die by suicide (4000/year): a mother, a soldier, a youth, a father, a senior
- Over 350,000 Canadians deliberately harm themselves every year- This statistic is tragic, unacceptable and often preventable
- A significant portion of those contemplating suicide are experiencing anxiety, depression, hopelessness and lack of connection.
- The Mental Health Commission of Canada has the responsibility to effect real and lasting change in the lives of all Canadians by leading a pan-Canadian effort to reduce suicide in Canada. MHCC has made Suicide Prevention a priority.

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Collective responsibility

- Suicide is often preventable and we must all assume the Collective Responsibility to reduce suicide in Canada.
- All stakeholders - federal departments, provinces and territories, community organizations, survivors and everyday Canadians must share in this responsibility to be a part of a national solution.
- The solution must be for everyone. Although we know some individuals and group struggle more, the solution rests within a shared responsibility to each do our part to promote mental health and prevent suicides.

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Standing shoulder to shoulder

The MHCC must stand shoulder to shoulder with all local, provincial/territorial and national stakeholders including:

- Federal partners in Public Health, Health Canada, First Nations and Inuit Health, Department of National Defense, Veteran Affairs and CIHR;
- Provincial and Territorial government and non-governmental leaders such as AQPS and other regional leaders in national organizations such as CMHA, others; and
- National local non-governmental organizations who have served as part of groups such as CASP, CDRIN, survivor groups and more.

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Preventing suicide is possible

- Working with our partners and key decision makers the MHCC will identify REAL TOOLS to prevent suicide.
- Experts, researchers, practitioners and local/national/international groups and leaders know how to prevent suicide.
- Using KNOWLEDGE EXCHANGE and RESEARCH as key enablers, the MHCC and its partners need to put real tools and TRAINING into the hands of all Canadians whether it is a parent, teacher, firefighter, police officer or friend.

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What is #308conversations?

- **#308conversations** is a grassroots campaign spearheaded by the Mental Health Commission of Canada that invites each of Canada's 308 Members of Parliament to host a community meeting in their riding about suicide prevention, intervention and postvention.
- A series of conversations hosted by Members of Parliament in community centres, libraries, school gyms or other public spaces in each of the 308 ridings across Canada.
- Bring interested community members and stakeholders under one roof to share what's working and where the gaps are when it comes to suicide prevention in their communities.

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Why #308conversations?

- The goal is to share the best ideas and work together to create lasting solutions that will serve our communities.
- The results will be gathered to produce a working community model with tools and solutions that can be shared as a resource for communities across Canada.
- At a local level, #308conversations will provide citizens with information on the actions and initiatives taking place in their own community and learn how they can get involved.
- At a federal level, it will bring together community best practices from coast to coast to inform decision making and strategy in tackling the urgent issue of suicide.

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Who is Part of #308conversations?

- Everyone who wants to be.
- Raising the profile of mental health issues and encouraging public discussion on suicide prevention awareness is a shared responsibility for all Canadians and across all orders of government.
- Local experts, healthcare providers, police, teachers, social workers, service clubs, survivors, faith-based community leaders/groups, military, veterans, community leadership (local and provincial), interested citizens and local media will all be invited and encouraged to discuss suicide prevention.

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When & Where Will #308conversations Take Place?

- **WHEN:** Between mid-May and August 2014.
- **WHERE:** In every riding across Canada. The goal of #308conversations aims to have at least one MP-sponsored community meeting take place in each of the 308 ridings across the country.



Pictured above: #308conversation with Libby Davies, MP, East Vancouver

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Get involved!

Interested in hosting a #308Conversations in your community?

- It's easy, free and accessible to everyone!
- Ask your local MP when it is occurring or ask for one to happen.
- To find your local MP: <http://www.elections.ca/home.aspx>
- If you need help reaching out your local MP, contact us and we can put you in touch with the appropriate office.
- Many resources are available that are free of charge to facilitate a safe and effective #308Conversation.

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Finding out More About #308conversations


Web: <http://mentalhealthcommission.ca/308conversations>

Twitter: @MHCC_308 #308Conversations


Email: 308conversations@mentalhealthcommission.ca

Telephone: 1 (613) 683-3943

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Questions for Stephanie?

Stephanie Machel, Director, Suicide Prevention
Phone: 613-683-3928
Email: smachel@mentalhealthcommission.ca

Continue the conversation by visiting MHCC's Collaborative Spaces:
<http://www.mentalhealthcommission.ca/English/mhcc-collaborative-spaces>

Meg Schellenberg, Knowledge Broker, MHCC
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SAVE THE DATE!

September 10: World Suicide Prevention Day
Parliament Hill
Ottawa, ON
**Or host a WSPD event in your community!

November 19-21: MHCC/CASP Virtual Conference
"Connecting Canada – Conversations about Community, Collaboration & Hope"
Visit: <http://ow.ly/ySgoJ>
**Call for Abstracts due July 14!

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Thank you

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