



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

308

CONVERSATIONS

3,900 Canadians
die every year as
a result of suicide.

*Changing Directions, Changing Lives:
The Mental Health Strategy for Canada*

It's time to
shine a light
on the issue
of suicide
in Canada.

Every 131 minutes, a Canadian dies by suicide.

We need more
tools to help
prevent suicide.

#308CONVERSATIONS

is about creating lasting
solutions that work for
Canadians from coast
to coast to coast.

Start a conversation. Add your light.



#308conversations

is designed to spark
conversations with
Canadians about
suicide prevention.
The goal is to share
the best ideas and
work together to
create lasting solutions
that will serve all
of 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.

Shine your light, add your voice, and help start a national conversation on suicide prevention.



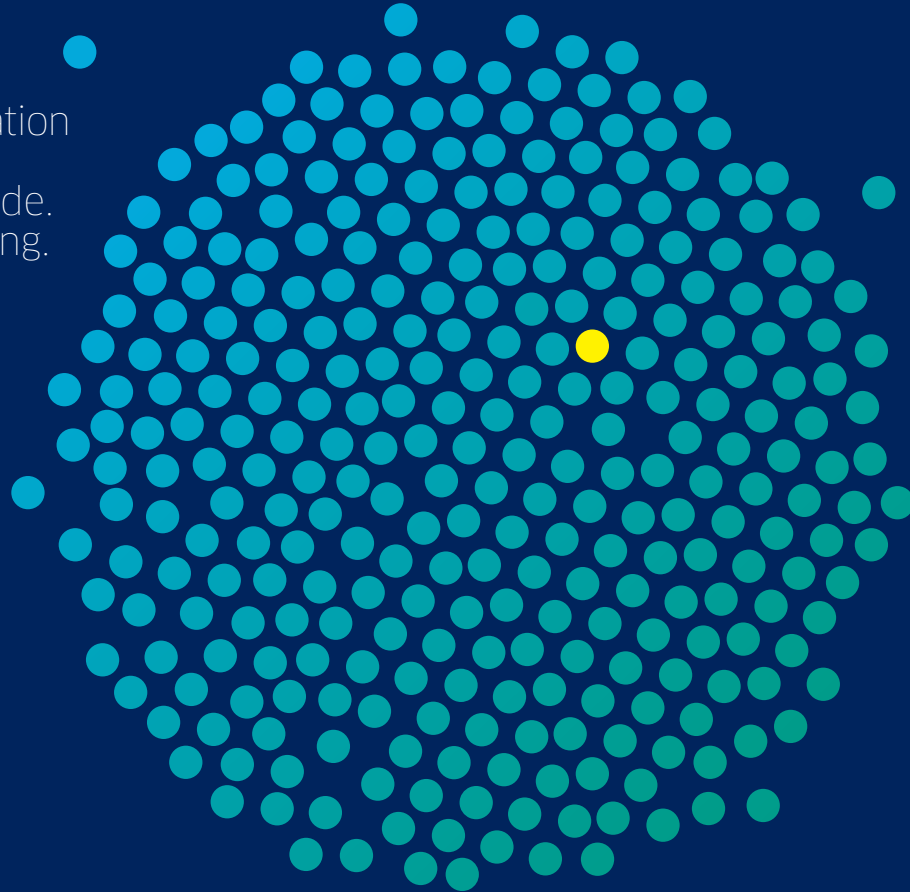
How to begin the conversation in your riding:

- 1 The Mental Health Commission of Canada will be providing you with a #308conversations “event in a box” toolkit.
- 2 The #308conversations toolkit will provide you with everything you need to get the suicide prevention conversation started in your riding.
- 3 Start #308conversations with your constituents.

Once you've gotten input from your community, get back in touch with the Mental Health Commission of Canada with feedback on how we can develop a best practice suicide prevention community model.

#308conversations

Start a #308conversation
and **shine your light**
on the issue of suicide.
It's time to start talking.



Visit mentalhealthcommission.ca/308conversations
for more information on how you can **shine your light**.