

Youth Suicide Prevention

Youth Mental Health

Youth Suicide Prevention Task Group

- Funded by Provincial Centre of Excellence for Child and Youth Mental Health at CHEO

Partners:

- Children's Centre Thunder Bay
- Thunder Bay District Health Unit
- Canadian Mental Health Association Crisis Response
- Thunder Bay Regional Adolescent Mental Health Unit
- Thunder Bay Counselling
- Dilico Anishnabek Family Care
- Catholic Family Development Centre of Thunder Bay
- William W. Creighton Youth Services

STAT

- 10 people are directly affected for every youth suicide
- For every one of those people 10 more are affected
- For every one of those people 10 more are affected
- For every one of those people 10 more are affected

10

10X10

100X10

1000X10

MSN RUMORS

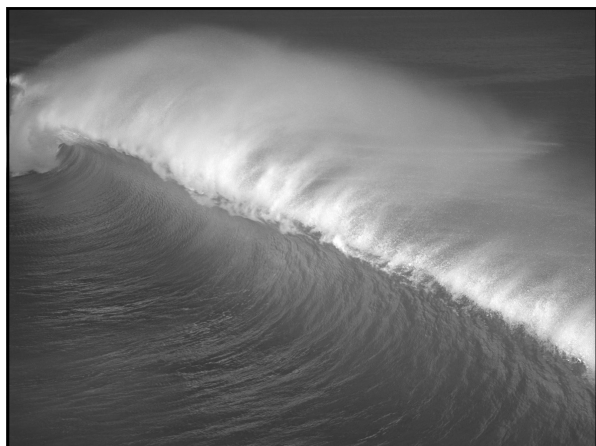
TECHNOLOGY

FACEBOOK

MINUTES

COMPUTERS



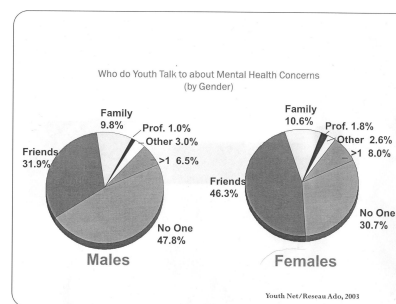


STAT

- **SUICIDE** is the second leading cause of death in young people

When You Were 16...

- Year
- Political news
- Clothes
- Music
- Friends
- Parents
- Stressors
- De-stressors



YOUTH CONSULTATION

- 32 youth from different high schools attended
- Facilitated discussion
- Youth point of view

QUESTIONS

- What can we do to prevent youth suicide?
- What can we do to better respond when it happens?

What Youth Said

- Youth voice
- Community to us
- Barriers
- Solutions

Barriers

- No system for kids to talk to each other
- Issue not brought up to kids before
- Awareness
- No one wants to talk/hear about it
- Kept quiet
- Not talked about
- Stop pretending it is not happening
- Not enough social workers-need more
- Ignoring the need for more
- Ignoring the problem
- Only 1 social worker/school
- Councilor's vs. social workers-who does what

Solutions

- Talk about it
- Education
- Increased training (teachers, parents, at work, etc)
- Increased social worker /counsellors
- Training for peers
- Awareness of supports

YOUTH
COURAGE

cour·age : \ˈkər-ij, ˈkə-rij\

mental or moral strength
to venture, persevere,
and withstand
danger, fear, or difficulty

STAT

- Youth suicide in First Nation
Communities occurs 6 X more
often

X6 X6 X6 X6 X6



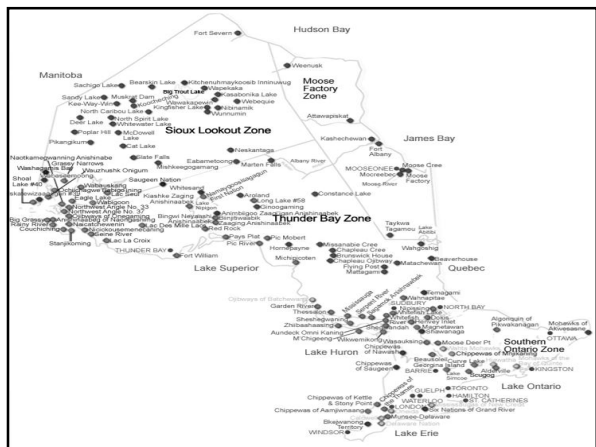
It effects numerous

communities

Schools

Our city

Northern communities



LEAD

Leadership through Engaging youth
Awareness of Resources
Developing partnerships

For youth by Youth Mental Health Education
initiative
Funded by Ontario Trillium foundation project

Project to date:

Five top youth mental health issues:

- Suicide
- Body image
- Depression
- Anxiety
- Addictions

Next Steps

- Creating awareness
- Creating an inventory of services
- Creating an inventory of youth groups
- Bridging gaps
- Working together

Personal Stories...

From the heart

Questions/comments