



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

## **SAVE THE DATE – Tuesday, September 10, 2013**

More than 3,500 Canadians died by suicide last year. Suicide is an issue that is still surrounded by fear, shame, and silence—but by breaking through the barrier of stigma and openly addressing the factors that contribute to suicide, we can all help to prevent it. Each year on September 10, a commitment to saving lives brings together communities from across Canada and around the world.

The Mental Health Commission of Canada (MHCC), in partnership with the Canadian Association for Suicide Prevention (CASP), invite you to participate in World Suicide Prevention Day (WSPD), taking place on **Tuesday, September 10, 2013** on Parliament Hill in Ottawa, ON.

The objective of this event is to engage the public, politicians, service providers, media, and others' in dialogue about suicide prevention, and to encourage Canadians to start the conversation and take action.

**What:** World Suicide Prevention Day Event  
**Where:** Parliament Hill (front lawn), 111 Wellington St, Ottawa, ON  
**When:** Tuesday, September 10, 2013 from 11:30 a.m. to 1:00 p.m. EST

### **Background:**

World Suicide Prevention Day (WSPD) is an opportunity for Canadians to reflect on those affected by suicide, to remember those who died by suicide, and to support those bereaved because of it. This year, the national theme for WSPD is "***Hope and Resiliency at Home and Work***". The Mental Health Commission of Canada (MHCC) is proud to be partnering with the Canadian Association for Suicide Prevention (CASP) to promote this day. As part of these efforts, the MHCC and CASP will be co-hosting an event on Parliament Hill in Ottawa to share information, engage with Canadians and listen to speakers talk about the importance of suicide prevention.

### **For more information please contact:**

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### **Or visit:**

[www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)  
[www.suicideprevention.ca](http://www.suicideprevention.ca)

**Please forward this along to your networks, as appropriate.**