

# 'YOU ARE NOT ALONE': FORMER NHL GOALIE HAS IMPORTANT MESSAGE

## CLINT MALARCHUK GUEST ON HALTON SUICIDE PREVENTION COALITION WEBCAST

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Clint Malarchuk knows what it's like to feel as if all hope is lost and there is no other option. The bullet lodged in his skull is a reminder of his darkest time.

The former NHL goalie says he is grateful he is still alive to help others realize that even in their worst times, there are people willing to help.

"I finally got help because I survived a suicide," Malarchuk said. "Well, you don't have to go there. Get the help now because you might not survive like I did."

Malarchuk is the latest

guest on the Halton Suicide Prevention Coalition's webcast.

The author of "The Crazy Game," says every person he's met who has attempted suicide — "and I've met a lot of them" — is thankful to be alive. He understands the feelings of desperation, though.

He was living his childhood dream of playing in the NHL, yet still struggled with anxiety and depression. Both became worse following a life-threatening injury where a skate blade cut his jugular vein.

It would be many years before Malarchuk received help to deal with the trauma that caused. Instead, he dealt with it on his own by self-medicating with drugs and alcohol.

He realizes with the help now available, and a better understanding of mental illness, it isn't necessary to



Jason Bain photo

Former NHL goalie Clint Malarchuk is featured in the Halton Suicide Prevention webcast.

suffer by yourself.

"You're not alone. You'd be surprised how many people are going to go I'm so

glad you shared that.' You've got to trust people out there are struggling just like you," he said. "So don't

do it alone. There are so many resources out there now. Take that first step and make that phone call."

Malarchuk said the fear of how people will react prevents many people from coming forward for help.

"Does a diabetic feel shameful? No. So why is a chemical imbalance in my brain any different than a chemical balance of the pancreas, or the insulin production? It's just a different organ, but there is shame associated with mental illness. We're getting better, we're getting rid of the stigma slowly," he said. "This is why we do this type of interview is to let people know there is no shame, you are not alone. In fact, there a lot of us — I mean a lot of us — that struggle. The sad part is most of us live in silence and darkness thinking I'm ashamed to tell anyone."

The full conversation with Malarchuk can be viewed at <https://haltonspc.ca/webcast>.



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