

Learn how to help prevent suicide

Find out what you can do to help stop suicide at the Halton Suicide Prevention Coalition's annual general meeting this Wednesday.

The session, which will take place at Rattlesnake Point Golf Club, will offer participants a chance to learn about the coalition's progress, help set priorities for future action and participate in a discussion about what they can do to help.

The event will start with a networking lunch at noon, with a meeting agenda to follow from 1 to 4 p.m.

'Constructing Hope Together — Community Suicide Prevention' is the theme of this year's keynote address to be delivered by Dr. Heather Fiske, a psychologist with

more than 35 years of experience in a variety of settings.

A private practitioner, teacher and writer, Dr. Fiske is a long-time volunteer and frequent speaker for local, national and international suicide prevention groups. She's also the recipient of the Canadian Association for Suicide Prevention national service award.

"Approximately 30 people die by suicide in Halton every year," said Halton Medical Officer of Health Dr. Bob Nosal. "Over 400 are hospitalized annually from attempted suicides. And for every suicidal death, at least six others are directly impacted. As a community, we need to break the silence. By talking openly and sharing experiences at events such as this, we work together to save lives and

reduce suffering."

The Halton Suicide Prevention Coalition provides leadership, advocacy and education to the Halton community on suicide, prevention and community needs. It's a loose-knit collaboration of some 30 Halton organizations and agencies as well as interested individuals and survivors of suicide throughout Halton.

Membership is open to all individuals and organizations concerned about suicide awareness, prevention, intervention and postvention in Halton.

Members of the public are invited to attend the meeting at no charge, but an RSVP is required. To register call Wynn at (905) 825-6000, ext. 2983, or e-mail Winifred.Okeane@halton.ca.

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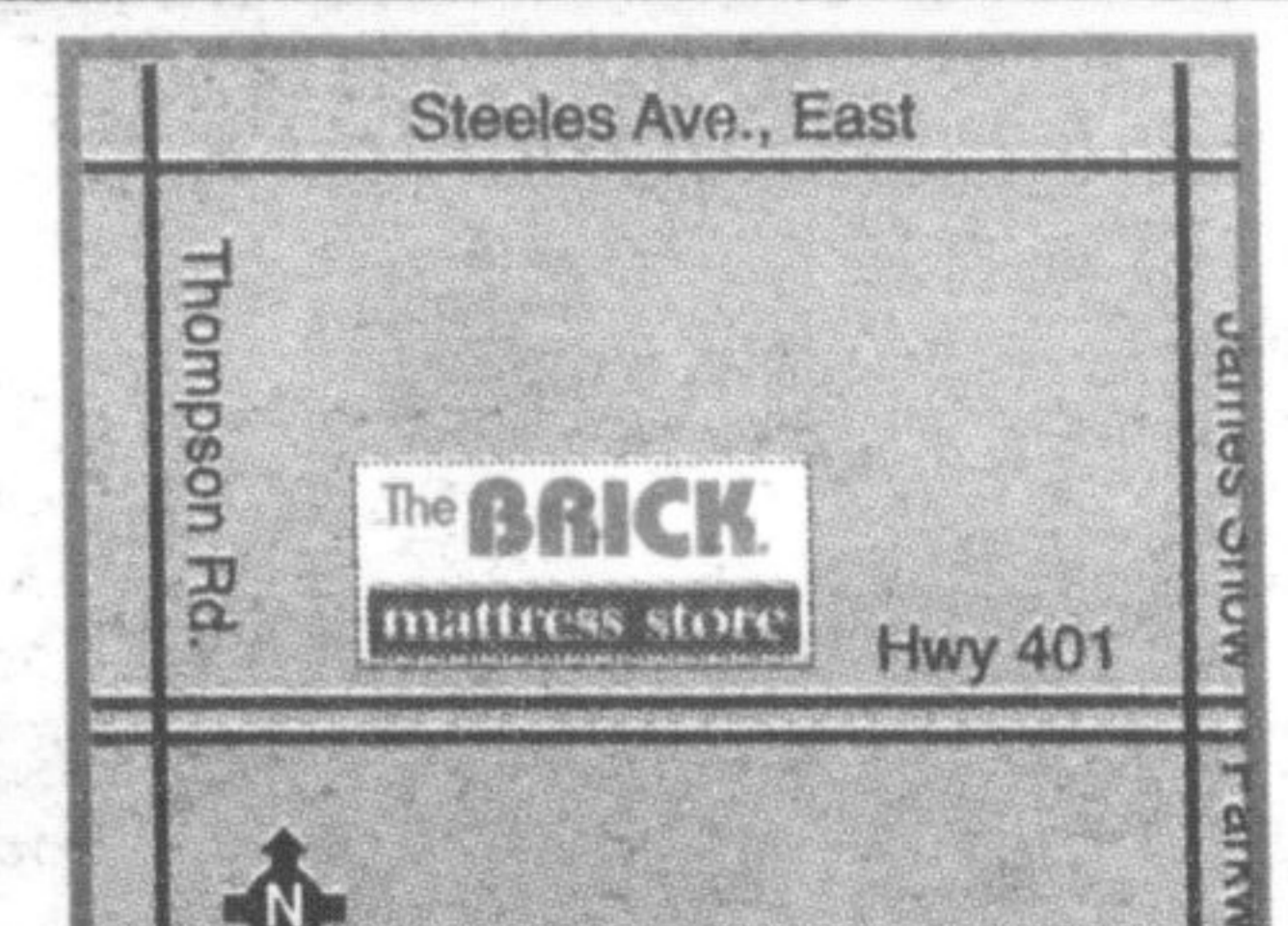
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