



For immediate release

World Suicide Prevention Day

September 7, 2022

Calgary, AB – September 10 is World Suicide Prevention Day, a day to remember those we've lost to suicide and raise awareness for how suicide can be prevented.

Looking back at the last 2.5 years, it's hard to believe what we've lived through and how we've coped.

Research has found that, in communities that have experienced a recent natural disaster, instead of seeing an uptick in suicide, people reach out to each other to help, support, and build connection. This increased social cohesion leads to reduced suicide behaviours not just for the moment but for years to come.

In Canada, we have not seen an increase in suicides at this time. Canadians are self-reporting greater levels of mental unwellness than ever before. This will not necessarily translate to increased suicides post-pandemic – as long as we invest in each other. During the pandemic, questions like, 'How are you really doing?' became common and people more easily discussed mental health. Many of us regularly checked in on loved ones. Let's continue these conversations. We need to stick together. This is suicide prevention.

[About Centre for Suicide Prevention](#)

For over 40 years, we've been equipping people with the skills and knowledge to respond to people thinking about suicide. We educate for life.

[Run for Life](#)

Centre for Suicide Prevention's 5th annual Run for Life will take place from September 18-25, 2022. Join us on a journey from darkness into light to remember loved ones lost to suicide and raise awareness for suicide prevention. This is a virtual event – participate anywhere, anytime, and in any way: by running, walking, or doing any other physical activity.

[Buddy Up Campaign](#)

[Power Up: Strengthen your body and mind](#) Buddy Up mini-campaign is taking place Sept. 26 – Oct. 2. This activity is part of the expanded year-round Buddy Up Campaign, which has activities to participate in anytime throughout the year, as well as three week-long mini-Campaigns. Buddy Up is a men's suicide prevention campaign: a call to action to men, by men.

[Talk Suicide](#)

The national crisis line can be reached at 1-833-456-4566.

Contact:

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