

Seeing the big picture.



To affect suicide rates, we need to see the bigger picture.
There is no one thing that will prevent suicide and no one
organization that can prevent suicide alone.
We must work together.

Message

from the executive director
and board president

Together we can work to prevent suicide. Everyone has a role to play: suicide prevention is collaborative. Work at both individual (mental health approach) and community (public health approach) levels is needed. There is no one thing that will prevent suicide and no one organization that can prevent suicide on its own. We must work together in myriad, coordinated, intentional ways. To affect suicide rates, we need to see the bigger picture.

Suicide prevention is experiencing unprecedented attention in our community. The Federal Government is poised to release a national suicide prevention action plan and launch 3-digit dialing for our national crisis line, Talk Suicide Canada (now available at 1-833-456-4566), this

fall. Both Federal and Alberta Governments have created Mental Health and Addictions Ministries – this long-overlooked area is now a priority. These individual initiatives, significant as they are, are not enough. We can't lose sight of the big picture. Government policy and discrete programs alone won't effect change. With the advent of 3-digit crisis line access, we anticipate higher than ever call volumes. Crisis lines are a critical access point for people – but a broader response is needed, too. Care after the call, including community-based crisis response and stabilization, is a fundamental element of suicide prevention. Building it requires caregiver training, community education, suicide respite, peer support, mobile crisis teams, a reduction in access

to lethal means, partnerships with hospitals and first responders: it requires a robust, integrated model of community mental health care, where people receive the support they need to be well and stay well in the community where they live. This is the flagship work of Centre for Suicide Prevention and the greater Canadian Mental Health Association federation. Together, we are building the big picture.



Mara Grunau
Executive Director



Carmelle Hunka
*President,
Board of Directors*



Who we are

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Freshia Corpus-Savinell BA
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James Campbell
Vice President

David Dart
Secretary-Treasurer

Vincent Agyapong
Director

William Bone
Director

Michael Power
Director

Volunteers

Andrew Bone
Rochelle Deloria

Liam Grunau
Owen Grunau

Will Ignasiak

Geoffrey Keal

Janis Klyne

Robert Lavoie

Summer students

Patrick Ignasiak

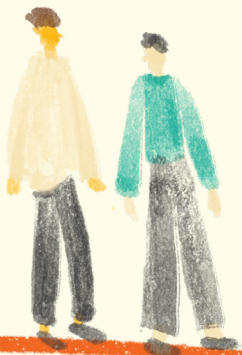
Billy Lindsay

Howard Wen

+

213

Trainers



We educate
for life



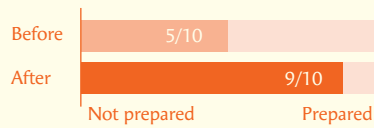
For over 40 years, we've been equipping people with the knowledge, information, and skills to respond to someone thinking about suicide.



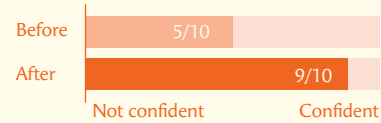
Workshops

After attending an *Applied Suicide Intervention Skills Training (ASIST)* workshop, participants feel more ready, willing, and able to help someone considering suicide:

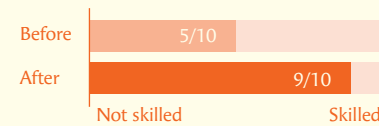
91% of participants feel more prepared to help



87% of participants feel more confident to help



90% of participants feel more skilled to help



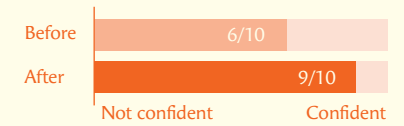
“I am super thankful for the ASIST workshop... I know I would not have the great friend I do in my life anymore if I hadn't (taken the workshop and intervened with him).”

— ASIST Participant

53% of participants feel more willing to help



77% of participants feel more confident to identify



“I am grateful for the skills this course taught me because I can now (support students) with a lot more confidence because I feel I have the skills to support others.”

— ASIST Tune Up Participant

After attending other CSP workshops participants feel more confident to identify and willing to help someone considering suicide. These workshops include *Looking Forward: Preventing suicide in youth*, *Small Talk: Preventing suicide in children*, *Little Cub: Promoting life in Indigenous children*, *River of Life: Promoting life in Indigenous young people*, *Walk With Me: Indigenous Suicide Bereavement*, and *safeTALK: suicide alertness for everyone* (LivingWorks Education Inc.).

“(After taking the ASIST workshop,) I was able to walk with a client through his feeling of despair and help him access support to stay alive.”

— ASIST Participant

Our projects

We must work together in myriad, coordinated, intentional ways. Together, we are building the big picture.

Digitizing the library

This year, we began digitizing our library collection of more than 50,000 items. While recent additions were born digital, thousands of items dating back to the 80s and 90s, and even early 2000s, required digitization. This project was vital to ensure the safety and preservation of the documents, some of which are the sole copies in existence. Thank you to our volunteers and summer students who contributed their time to this project. Digitization was completed August 2023.

48,353 documents digitized

51,575 documents in library

Together fundraising campaign

Last year we launched a new annual fundraising campaign: *Together*. The campaign ran from November 15, 2022 to January 15, 2023. Thank you to everyone who supported us in this campaign. We also thank everyone who has contributed to the work we do by learning about and raising awareness of suicide prevention.

Witnessing to Senate

In October 2022, Executive Director Mara Grunau witnessed to the Senate Standing Committee on Social Affairs, Science and Technology regarding the evaluation of the Federal Framework for Suicide Prevention. The Committee's findings were published in a report, *Doing what works: Rethinking the Federal Framework for Suicide Prevention*, released in June 2023.

Recognition of Executive Director Mara Grunau

Mara Grunau received the Queen Elizabeth II Platinum Jubilee Medal for outstanding advocacy work in suicide prevention in Alberta and significant contributions to the development and implementation of the provincial action plan for youth suicide prevention. Mara was nominated by Alberta Children's Services.



Pictured: Mara Grunau with Children's Services Minister Mickey Amery

Buddy Up

At the end of Buddy Up Month in June 2022, Centre for Suicide Prevention launched the expanded campaign, Buddy Up Year-round! There are activities to participate in anytime throughout the year as well as three week-long mini-campaigns. Buddy Up Month still takes place in June, with the addition of three mini-campaigns that happen quarterly: Power Up: Strengthen your body and mind; Build Up: Work on a project with a buddy; and Lift Up: Acts of kindness. Thank you to Buddy Up Lead Funder Viewpoint Foundation.

689 champions

*160% increase from 433 in 2021

61,742+

campaign materials distributed

*2x more than all of 2021

Run for Life

Run for Life is our annual journey from darkness to light, to remember loved ones lost to suicide and raise awareness for suicide prevention. Our 5th annual Run for Life took place from September 18 – 25, 2022. The virtual event had participants doing any physical activity at anytime during the week. Thank you to all our Run for Life 2022 sponsors and to our Diamond Sponsor, Prairie Sky Royalty. We'd also like to thank Run for Life 2023 Platinum Sponsor Pine Cliff Energy.

377 participants

45 teams

Over \$75,000 raised

“

Regardless of the role you have in your organization, this is a great initiative to take part in... This is for the good of the workplace... I would definitely encourage people to just take the leap and see where this goes once you get started.”

— Tyler Pritchard, Regional VP, Group Benefits with Sun Life and Buddy Up Champion

Our projects

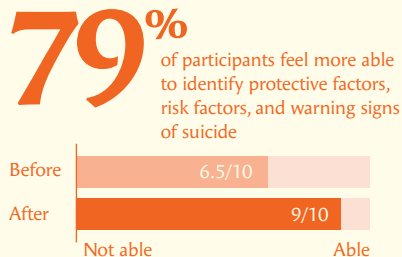
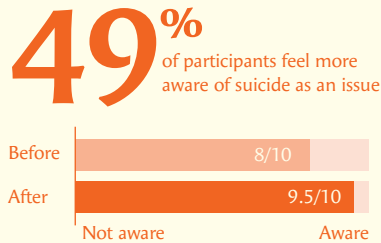
Team Up

Last year, we developed a knowledge-based workshop for high-performance athletes and their teams as part of Canadian Mental Health Association – Ontario Division’s Talk Today program. This year, we’ve introduced Trainer Hubs for Team Up Trainers, an opportunity for this network to collectively learn from each other. We’re also in the process of updating the workshop based on feedback from its first year.

95 workshops
2,162 participants
5,405 learning hours

After attending the Team Up workshop, participants acknowledge that suicide is an issue, can identify protective factors, risk factors, and warning signs for suicide (including those specific to their sport), and know how to get help for a teammate.

“
 I thought this was awesome, really helped me gain a better understanding of how to help someone and how to get help.”
 — Team Up Participant



Partners and donors

Partners

We are grateful for the support of our partners who have shown ongoing commitment to suicide prevention.



Poelzer Family Foundation Fund at Calgary Foundation
 Johnny Z Healthy Minds Fund at the South Saskatchewan Community Foundation

Donors

Thank you to all our donors who have continued to make suicide prevention a priority in their charitable giving; we appreciate their support.

Anyone can learn to identify someone considering suicide and get them help. Call us.

Centre for Suicide Prevention

We are the Centre for Suicide Prevention. For 40+ years we’ve been equipping people with knowledge and skills to respond to individuals considering suicide. We can equip you too. We educate for life.

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