

Corner Brook Status of Women Council

NEWSLETTER - September 2021

Suicide Awareness

Suicide is a complex issue. It does not have a single cause and there are often multiple factors and reasons why someone may choose to end their life. What is known is that the person is experiencing intolerable emotional pain that they want to end. September 10th is World Suicide Prevention day and it aims to raise awareness about the prevalence of suicide and improve education on connecting people who may be at risk of suicide to resources and help. It is also an opportunity for people to reflect, to remember those who died by suicide and to support those bereaved because of it.

Suicide is consistently amongst the top ten causes of death in Canada and is the second leading cause of death among youth and young adults aged 15 to 34 years (Government of Canada, 2020). The pandemic has created an increase in suicide deaths, attempts and has had an overwhelmingly negative impact on people's mental health. During most economic recessions, there is an increase in deaths by suicides by those who identify as male. During the pandemic, the numbers globally show an increase in deaths and attempts by those who identify as female. Employment insecurity, increases in home and child care responsibilities, increases in gender based violence, and isolation from regular supports are all seen as contributing factors.

Suicide can happen regardless of gender, age, race, sexuality, religious affiliation or economic status. With this in mind, workplaces and

schools may wish to invest in training some staff members in the skills necessary to work with someone who is having thoughts of suicide and needs help in staying safe. ASIST (Applied Suicide Intervention Skills Training) is offered locally several times each year. To find out more please contact us at 639-8522.

Each year, our local Suicide Prevention and Awareness Committee hosts a walk. This year it will take place on September 9th and will start outside of Corner Brook city hall at 7pm. It will emphasize remembering those who died by suicide and how we build connections to promote and prevent suicide. The theme this year is "Creating Hope through Action"

If you or someone you now is having thoughts of suicide, there are people ready and willing to help. You can call anytime:

• 9-1-1

• Kids Help Phone: 1-800-668-6868 • Text CONNECT to 686868 • Chat Services [6 pm–2 am EST]: www.kidshelpphone.ca •

Trans Lifeline: 1-877-330-6366

• Hope for Wellness Help Line: 1-855-242-3310 • Online chat: www.hopeforwellness.ca

• Indian Residential Schools Crisis Line: 1-866-925-4419

• Canada Suicide Prevention Service: 1-833-456-4566 [24/7]

All the staff of the Corner Brook Status of Women Council have also been trained in suicide intervention skills. You can talk to us. <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/healthy-living/suicide-canada-key-statistics-infographic/pub-eng.pdf>

Upcoming:

With summer winding down now might be a great time to pick up a new hobby. Our book club is open to new membership and there is still lots of time to pick up and read our next novel, *Some People's Children* by Newfoundland and Labrador author Bridget Canning. The next book club meeting will be Tuesday, September 14th at 7pm.

With another La Niña fall and winter predicted we are betting on enough sunshine to squeeze in a few more nature walks. Our next planned nature walk will take place on Wednesday, September 1st, please call 639-8522 for more details.

Monday, September 6th - Labor Day - This holiday officially celebrates workers and the labour union movement. Our offices will be closed on this day.

Wednesday, September 8th - International Literacy Day - this day serves to recognize the importance of literacy and acknowledge the need to create a globally literate community.

Friday, September 10th - World Suicide Prevention Day.

Friday, September 17th - Take Back the Night. Please join us at city hall at 7pm.

Monday, September 20th - Canadian Federal Election.

Tuesday, September 21st - International Day of Peace - A day devoted to strengthening the ideals of peace, through observing 24 hours of non-violence and cease-fire.

Tuesday, September 28th - Newfoundland Municipal Election.

The Final Word:

Regardless of the party elected in the Long Range Mountains district, it looks like the member of parliament will be female. This marks the first time since the district was created in 1987 that the ballot has been wholly female.

Your choices on Monday, September 20th include the incumbent, Guide Hutchings running for the Liberal Party, Kaila Mintz, running for the NDP, and Carol Anstey running for the Conservative Party. There is a chance that a male could run for the Green Party, however, at the time of writing there are no Green Party representatives running in Newfoundland and Labrador.

Between the pandemic, voter fatigue (it seems like there is always an election happening), and voter apathy, every vote truly matters. In the 2019 federal election, less than 60% of eligible voters in Newfoundland went to the polls. That number is low and was not impacted by a pandemic, this year's turnout is likely to be dismal.

The good news is with at least 40% of votes up for grabs none of the parties have any seats locked up. Do you feel strongly that we should give a new face a try? Then vote and convince like minded friends and relatives to do the same. Do you feel strongly that we shouldn't stage a mutiny in the midst of a pandemic? Then drum up support and encourage voting.

Not ready to face the crowds? You can still vote, take a digital picture of your photo id and head over to:

<https://www.elections.ca/content2.aspx?section=vote&dir=app&document=index&lang=e>

Applying for a mail-in ballot took me less than five minutes.