



Vancouver Island
Crisis Society

Press Release for the Week of September 1 to 10, 2018

World Suicide Prevention Day - Soles Remembering Souls Walk **Working together to prevent suicide**

- **Suicide ranked as the ninth-leading cause of death in Canada in 2009, the last year for which numbers are available, and is the 10th-leading cause of death overall in the U.S.**
- **The CDC recommends teaching children, teens and adults coping and problem-solving skills, building social connections and maintaining dialogue to alleviate thoughts of suicide**

This year marks the 12th annual Soles Remembering Souls event for the Vancouver Island Crisis Line. This annual gathering is an opportunity to bring together those bereaved by suicide to a place of healing through connection.

This year's Soles Remembering Souls event is themed around loneliness. Loneliness plays a big part in suicide and it is our hope this year to connect with and help people who may be in different parts of their grieving journey. We hope that through connection we can lessen the difficulty of grieving alone which could lead to thoughts of suicide for the survivor of suicide loss. Our gathering this year is an opportunity to help recreate the connections made in previous years and to solidify those supports through further interaction with services and other people who have endured similar circumstances.

Here in **Nanaimo**, in recognition of World Suicide Prevention Day on **Sunday, September 9th**, at from **4:00-6:30 PM**, we will have a walk of silent remembrance around the waterfront at Maffeo Sutton Park. We are asking participants to bring a new pair of shoes and/or socks that will be donated locally to those in need. Patrick Aleck will open and close the ceremonies. We will have many musical performers this year including Jona Kristinsson, Sirreal, Raymond Salgado and Nanaimo Idol 2018 winner Ellie Barnhart.

FOR MORE INFORMATION, PLEASE CONTACT:

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