



Vancouver Island  
Crisis Society

## Soles Remembering Souls

**Tuesday, September 10, 2019**

**11:30 am to 1:00 pm**

**Maffeo Sutton Park, Nanaimo**

- From 2007 to 2017, we lost 6001 people to suicide in British Columbia, with males comprising 75% of those who died by suicide.
- People who have experienced a traumatic event and/or have post-traumatic stress disorder (PTSD) may be more likely to attempt suicide. Suicide attempt rates for victims of rape are 22%; physical assault, 23%; sexual molestation and neglect during childhood, 17.4% to 24.9%; and PTSD, 27%.
- Traumatic brain injury can trigger a daily struggle with headaches, neck pain, dizziness and thinking problems that may drive some to suicide. That risk more than triples in the first six months after a traumatic brain injury (TBI), and it stays significantly higher over the long term.

Suicide prevention remains a universal challenge. Every year, suicide is among the top 20 leading causes of death globally for people of all ages. It is responsible for over 800,000 deaths every year, which equates to one suicide every 40 seconds.

Every life lost represents someone's partner, child, parent, friend, or colleague. Approximately 135 people suffer intense grief or are otherwise affected when someone dies by suicide. This amounts to 810,135 people who have been profoundly impacted by suicidal behaviour in British Columbia from 2007 to 2017. Suicidal behaviour includes suicide, and also encompasses suicidal ideation and suicide attempts. For every suicide, 25 people make a suicide attempt and many more have serious thoughts of suicide.

Suicide has no age limit or demographic. In other words, it doesn't have a particular "look." It doesn't affect one group or type of person. Because of stigma, however, many people choose to remain silent.

### **Silent Injury**

It is not uncommon to hear suicide referred to as being a "selfish act" or something that denotes weakness. As a result, people contemplating suicide often have intense feelings of shame and burdensomeness which can further drive them to secrecy. Added to that, many of the people we traditionally view as being strengths in our communities (first responders, military personnel, and even athletes who engage in high contact sports) suffer with silent injuries like Post Traumatic Stress Disorder or Traumatic Brain Injury/concussion.

Much research has been done in recent years connecting Post Traumatic Stress Disorder and Traumatic Brain Injury/Concussion to suicide, however, people still continue to suffer in silence.

You can help with that.

**September 10, 2019**, is World Suicide Prevention Day (#WSPD) and the Crisis Society will, once again, be presenting our walk, Soles Remembering Souls, at Maffeo Sutton Park in Nanaimo. We are inviting first responders, military personnel, athletes, business owners, mental health advocates, survivors of suicide loss, and any other invested community members to join us in sharing our message:

**“WE ARE SUICIDE PREVENTION”**

So that those who are suffering with a silent injury, trauma, or despair will know that they are not alone and they live in a community that cares.

We will be commemorating this message on the day itself, during business hours. Participants are invited to bring lunch, if they wish.

One life lost to suicide is too many. Whether you have been affected directly by suicide loss or not, we invite you to participate on a silent meditative walk around the waterfront to raise awareness that Suicide is Everyone's Loss.

For those of you have lost someone to suicide, we invite you to bring a photo of that person to carry during the walk.

***For more information, please contact:***

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