



Vancouver Island
Crisis Society

Press Release for the Week of November 15-22, 2015

INTERNATIONAL SURVIVORS OF SUICIDE LOSS DAY

**Every 40 seconds someone in the world dies by suicide
Every 41 seconds someone is left to make sense of it.**

SUICIDE LOSS: WHAT HELPS?

It's astounding how many people's lives have been touched by suicide. For instance it's not well known that we lose more people to suicide every year on Vancouver Island than by motor vehicle accidents and drug related deaths combined. If we then consider the ripple effect of those left behind our numbers become catastrophic. And yet with something so widespread there is still very limited education around how best to support someone or how to survive this devastating loss yourself.

Even though we find ways to move on with our lives it seems that this loss can continue to haunt us for many years and finding a place to release this grief has proven to be beneficial. If you are someone in a position to offer support (friend, counsellor, caregiver, coach, teacher, family member, etc.) this workshop can give you the tools and insights into what is most helpful.

In recognition of International Survivors of Suicide Loss Day, November 23rd, the Vancouver Island Crisis Society is holding an educational evening that will give attendees some insights as to what is helpful and how best to support themselves or others through a very difficult time such as this.

Included in this presentation will be music by Jona Kristinsson, Marty Steele, Kasumi Robinson and Kyle Stephen, personal stories of hope and healing and evidence based practices for helping survivors of suicide loss. In lieu of a workshop fee, the Crisis Society is giving back and making meaning out of our loss by asking participants to bring a new pair of shoes and/or socks that will be donated locally to those in need. As part of their community commitment to healing, Mambo Pizza will be providing pizza snacks for the participants. Come join us on **Weds November 25th** at the Vancouver Island University Nanaimo Campus, building 355, room 203 from 6:00 pm to 8:00 pm.

FOR MORE INFORMATION, PLEASE CONTACT:

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Vancouver Island Crisis Society

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