

Suicide prevention day Sept. 10

By Jasen Obermeyer

The Suicide Awareness Council of Wellington-Dufferin (SAWCD) is asking everyone to light a candle on September 10, World Suicide Prevention Day (WSPD) to increase the awareness of suicide, and the prevention of it.

Since 2003, countries worldwide take the day through various activities to remember those who have taken their own lives, have thought of it, or attempted it.

'Families, friends, and whole communities are impacted by suicide,' said Heather Glenister, SAWCD's coordinator, adding that this day helps to break the stigma around suicide, and the guilt and shame others feel.

It is estimated that 12 people will die by suicide today and every day in Canada. This year's theme is 'Working Together to Prevent Suicide.'

Ms. Glenister said, 'there's no one answer,' for those who commit suicide, which is 'the most difficult part of it.'

SAWCD invites everyone on Sept. 10 to light a candle at 8:00 p.m. to show support, and illuminate the need for suicide awareness, prevention, and the promotion of mental health. The lighting of a candle symbolizes hope. The council is asking for those who participate to share it on social, with the hashtags #SACWD #WSPD2018.

'This is something that anybody can do,' Ms. Glenister added. 'We'd really like to see as many candles lit up as we can.'

The Suicide Awareness Council has been around since 1999, and according to their website, 'has been fostering suicide awareness and creating opportunities for dialogue about suicide and mental well-being through leadership, advocacy and education, within their communities.'

They also invite everyone to pick up a free bag of orange tulips at various sites, which shows further support to end suicide. Visit their Facebook and Twitter page for location sites.