



## Workshop *Preventing Suicide in Youth*

Cost : Free for FHHR residents  
Journey to Hope Sponsored - \$85 per participant.

### **THURSDAY SEPTEMBER 28 (1:00-5:00)** **STRAIGHT TALK**

Suicide is the second leading cause of death among youth in Canada (Statistics Canada, 2004). Straight Talk has been created for individuals working with youth aged 12 to 24. This half-day workshop discusses strategies to strengthen the protective factors of youth at risk of suicide. Straight Talk encompasses the developmental, cognitive, and emotional differences found within this age group. Intervention strategies are explored relevant to the age group range through teaching stories and case studies.

#### *Learning Objectives*

At the end of this workshop, participants will be able to: recognize the prevalence of youth suicide; identify suicidal and self-harm behaviour in youth; identify protective factors, risk factors and warning signs in youth; and confidently transfer care of a youth to a caregiver (including but not limited to a parent, guardian, professional, or community resource).

#### *Audience*

This workshop has been created for individuals working with youth aged 12 to 24. Participants can include but are not limited to: parents and caregivers; family and friends; natural helpers and advisors; educators and ministers; health practitioners; justice, law enforcers, emergency workers, and community volunteers.

Crescent Park Event Centre

262 Athabasca St E.

Moose Jaw, Sk

To register :

Email: Canadian Mental Health Association

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Phone: 306-692-4240



Canadian Mental  
Health Association  
*Mental health for all*

Association canadienne  
pour la santé mentale  
*La santé mentale pour tous*