



Suicide Awareness Event

Promoting Positive Mental Health

Planning Guide

2016



Suicide Awareness Event Planning Guide

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The **Girls Night Out** Planning Guide and Resources were developed by the Regional Mental Health Promotion Consultant and the Wellness Facilitator for Bonne Bay North. The resources were developed thanks to a request from the Primary Health Care Teams in Bonne Bay and Port Saunders areas.





Suicide Awareness Event Planning Guide

ABOUT THE GUIDE

Use this Guide to create your own **Girls Night Out** Suicide Awareness Event. The goal of this resource is to promote key suicide prevention messages in a fun way. The activities in this guide all relate to the key messages of suicide prevention and support the promotion of positive mental health among girls and women. Let's get ready for a **Girls Night Out!**

The **Girls Night Out** Suicide Awareness Event aims to support girls/women in getting together for a fun evening to share a meal, share some tips and share a laugh while learning more about mental health, preventing suicide and local services/supports.

The **Girls Night Out** Events will include a meal with a variety of social and learning activities that encourage table talk and fun among girls and women. The Event will provide an opportunity for girls/women to have fun talking about mental health, learn about preventing suicide, and learn about local mental health and addictions services.

The Language of Suicide

We should avoid making statements such as "committed suicide", "completed suicide" or "successful suicide" when referring to a death by suicide. We should also avoid describing a suicide attempt that does not result in death as a "failure", "unsuccessful" or incomplete". It is not helpful, accurate or appropriate to use these statements. Instead choose statements such as death by suicide, died by suicide, suicide or suicide death to more accurately reflect suicide or choose "non-fatal death suicide attempt" or just "suicide attempt" to more accurately reflect an attempt that does not result in death.

Key Messages:

- What you know could save a life
- Know the warning signs
- Education is key to preventing suicide
- No more secrets, no more shame, no more suicides
- Suicide is preventable
- Remove the stigma
- Prevent Suicide...Be a Lifesaver
- With help comes hope. Together we are stronger.
- There are local Mental Health & Addiction Services





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FACILITATORS

The event should be co-facilitated by two female facilitators, one of which should have experience within mental health and addictions programming. A Leader/Organizer Feedback Form is included and should be completed after the delivery of your Girls Night Out event (*See Appendix J*).

TARGET PARTICIPANTS

The target participants are females aged 12+ Years and Up. The targeted number of participants is 24 to 36.

REGISTRATION

Registration is required to ensure adequate food and event supplies are available. Registration will provide an opportunity for facilitators to ask participants about food allergies and indicate if they are attending with other women for seating purposes. A Sample Invitation is drafted and available electronically for editing event details and for electronic distribution.

See Appendix A for Sample Invitation and Appendix B for Registration Sheet.

VENUE

Select a venue that can accommodate up to 36 participants and 2 facilitators to be seated at tables. The venue also should have adequate space to set up a slideshow presentation and several activity stations. In addition, wall space is needed for numerous activities. Community-based facilities such as Service Club Buildings and Town Halls are generally appropriate venue selection for the event.





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SAMPLE BUDGET

Budget
(Based on 36 participants)

Category	Details	Cost
Facility Rentals	½ Day Facility Rental	\$100.00
Food & Beverage	<ul style="list-style-type: none"> • 6 Party Pizzas • 6 Large Salads • Salad Dressing, Water, Napkins, Glasses, Plates, and Cutlery 	\$300.00
Mocktails	<ul style="list-style-type: none"> • Juice, Pop, Straws, Glasses, Cranberries, Limes, Ice, Napkins, etc. 	\$30.00
Photo Booth	<ul style="list-style-type: none"> • Supplies to make Props: Bristol Board, Glue, Skewers, Dowels, etc. 	\$20.00
Graffiti Wall	<ul style="list-style-type: none"> • Banner Paper, Markers 	\$20.00
Hand Spa	<ul style="list-style-type: none"> • Olive Oil and Sugar 	\$10.00
Miscellaneous Supplies	<ul style="list-style-type: none"> • Ticky Tack, Lifesaver candy, plain paper plates, post-it notes, wrapping paper, etc. 	\$20.00
TOTAL for Girls Night Event		\$500.00



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SET-UP

To make this a fun, interactive experience for women, this event requires facilitators to set-up activities prior to the start of the night including the Removing the STIGMA Activity, Graffiti Wall, Photo Booth, Pass the Parcel, Mocktails and Homemade Hand Spa. This planning guide outlines each activity separately and provides information on the set up. Please take some time to review each activity in this guide for specific activity set up information.

Separate tables to seat 4 to 6 participants are recommended for this event. This set up aims to replicate the comfortable, at-home atmosphere of sitting around the home dining room table, chatting informally and enjoying a meal together.

A Power Point Slide Presentation is developed to guide facilitators and participants through the events of the evening. It should be set up in a location that is visible from the tables as participants are seated at tables for the majority of the event with the exception of the Mocktail Hour activities. The Mocktail Hour activities will have participants up out of their seats and socializing as they move around the room to partake in the various activities.

Print materials and resources are required for the various activities. Please refer to the checklist below for a list of materials needed. Materials for each activity are also listed throughout the planning guide. A vinyl *Girls Night Out* themed banner is also available for your event.





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EVENT CHECKLIST

- Laptop & Projector, Power Point Presentation

Resource Bin Contents:

- Girls Night Out Planning Guide
- Photo Booth Props
- Photo Booth Backdrop
- Choices in a Jar Cards
- Warning Signs Flags
- Markers
- 36 Pens
- Masking Tape
- Measuring Cups/Spoons
- 1 Bowl
- Flash Drive with Electronic Files



Materials to be Printed:

- Appendix A: Invitation
- Appendix B: Registration Sheet
- Appendix C: Mental Health Tip Cards (Print or Request)
- Appendix D: Myths Labels
- Appendix E: Mocktail Recipe Cards (Print or Request)
- Appendix F: Photo Contact Form
- Appendix G: Photo Booth Props
- Appendix H: Sugar Scrub Recipe Card (Print or Request)
- Appendix I: Whole Body Experience Labels
- Appendix J: Leader/Organizer Feedback Form

Materials to be Requested:

- After a Suicide: A Practical and Personal Guide for Survivors
- Prevent Suicide - Be a Lifesaver Cards (Add a Life Saver Candy!)
- Warning Signs Post Cards
- Support After Suicide Cards
- Crisis Line Magnets Crisis & Help Line & MH&A Services Cards - Request cards (2 sided card with crisis & help line information on the front and MH&A Services information on the back.
- How to Talk to your Teen about Suicide Rack Cards
- Bridge the gAPP Tear off Sheets
- Mental Health & Addiction Services Rack Card
- Pass the Parcel Prize
- Mental Health Tip Cards (Print or Request)
- Mocktail Recipe Card (Print or Request)



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- Sugar Scrub Recipe Card (Print or Request)

Materials to Borrow:

- Girls Night Out Vinyl Banner
- Suicide Prevention Poster Display
- Humour & Laughter Poster Display
- Choose 1 of 3 Banners:
 - Prevent Suicide - Together We Are Stronger (2 1/2 x 4 ft Vinyl Banner)
 - Prevent Suicide - What You Know Could Save A Life (2 1/2 x 4 ft Vinyl Banner)
 - Prevent Suicide - Youth (2 1/2 x 4 ft Vinyl Banner)
- Whole Body Experience Poster
- 2 Mocktail Jugs
- Camera (check with your local office or use own camera)

Supplies to Purchase:

Meal Supplies:

- Paper plates
- Cups
- Napkins
- Plastic Cutlery
- Food (Pre-order pizza or trays)
- Water

Activity Supplies:

- Plain Paper Plates (1 per participant)
- Post-it Notes
- Lifesaver Candy
- Wrapping Paper
- Roll of Banner Paper
- 1 oz. Plastic Cups (1 per participant)
- 1 Bag of White Sugar
- 1 Bottle of Olive Oil

Mocktail Supplies (See page 26 for Mocktail Shopping List):

- Cranberry Juice
- Pineapple Juice
- Ginger Ale
- 7 oz. clear plastic cups
- Straws
- Limes
- Cranberries
- Ice



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MEAL

The meal for the event should promote an informal, Friday night with the girls' atmosphere. This is not meant to be a classy or formal sit down meal. The goal is to promote friendly conversations and the feeling of comfort, sitting around the dining room table, sharing a meal, sharing tips, sharing a laugh. We want to create a fun *Girls Night Out!*

A Pizza Party or Finger Foods are the recommended meal options to create the desired atmosphere and are thought to be the most cost effective options for event.



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WELCOME/INTRODUCTION: Slide #1



BACKGROUND: Slide #2



Welcome!

A graphic featuring the word 'Welcome!' in a black cursive font, set against a background of several overlapping pink stars of various sizes.

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AGENDA: Slide #3



There are a lot of activities for this event so here is a recommended timeline to keep you on track.

- | | |
|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5:00 PM | <p>Welcome</p> <ul style="list-style-type: none"> • Background |
| 5:15 PM | <p>Pizza Party</p> <ul style="list-style-type: none"> • Choices in a Jar • A lot on my Plate |
| 5:45 PM | <p>Suicide Awareness</p> <ul style="list-style-type: none"> • Pass the Parcel – Facts & Myths • Video - What You Know Could Save a Life • Debriefing Activity – Decode a Message |
| 6:30 PM | <p>Mindful Mocktails</p> <ul style="list-style-type: none"> • Mindfulness Exercise • Photo Booth – This is what makes me smile... • Graffiti Wall – How do you take care of you? • Homemade Hand Spa – Pamper yourself... |



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7:30 PM

Supports & Services

- Circle of Support Activity
- Bridge the gAPP
- Mental Health & Addictions

7:50 PM

Whole Body Experience

- Thoughts
- Feelings
- Take Aways



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Removing the STIGMA: Slides #4, #12, #19



The stigma associated with mental illness may be more devastating than the illness (MHCC, 2012). Fear of stigma often delays people from seeking treatment (MHCC, 2013). Not seeking treatment can have devastating results, such as loss of income, increased illness severity, hopelessness and **suicide** (Government of Newfoundland and Labrador, 2014). The *Girls Nights Out* provides an opportunity to create awareness of mental health problems and help **Remove the STIGMA**.

Throughout the evening facilitators will use the code words: **BE A LIFESAVER**. Instruct participants, when you hear the code words: **BE A LIFESAVER**, to take a mental health tip from the Stigma wall display. This activity provides a visual demonstration of removing the stigma. The goal of the activity is to have all the cards removed throughout the course of the evening thereby **Removing the STIGMA** associated with mental health problems and suicide.



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Handout: Be a Lifesaver! Card with Candy

Mental Health Tip cards with 12 different tips are included in the planning guide to be printed and cut in preparation for this activity. 72 mental health tip cards are arranged on a wall to spell out the word STIGMA. It is important to use the recommended number of tip cards. See picture below.



S = 11 Cards

T = 8 Cards

I = 10 Cards

G = 13 Cards

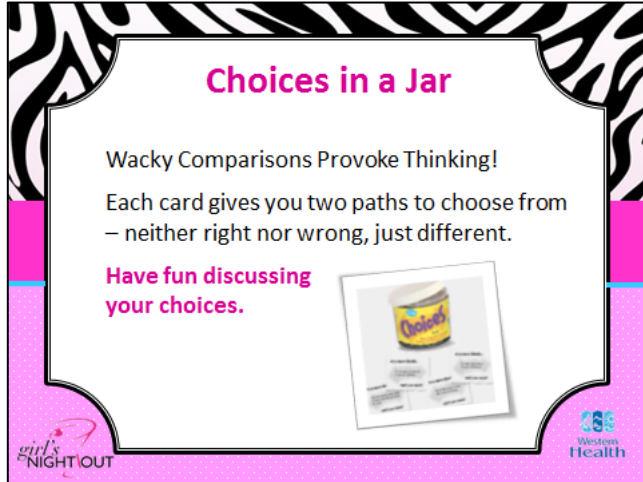
M = 17 Cards

A = 13 Cards

Facilitators need to consider the number of participants to determine the number of times to use the code words. For example, use the code words twice for a group of 36 participants or 3 times for a group of 25 to remove all the tips from the wall. Remember the goal is to remove all the tips by the end of the evening. Encourage participants to select a different tip each time as they keep the cards they remove from the wall. *See Appendix C for Mental Health Tip Cards or Request Printed Cards.*

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Choices in a Jar: Slide #6





Choices in a Jar

Wacky Comparisons Provoke Thinking!
Each card gives you two paths to choose from – neither right nor wrong, just different.

Have fun discussing your choices.



This activity uses the Choices in a Jar Cards (6 sets included) as a fun way to provoke thinking and discussion at the dinner table. Participants will take turns selecting a card and reading it out loud. Each card gives you two paths to choose from – neither right or wrong, just different and participants make a choice.

A Lot on my Plate: Slide #7



A lot on my Plate

What's on your plate?





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"A Lot on My Plate" is a concrete tool that helps people identify and manage their life stresses. Facilitators, talk about the expressions "I have a lot on my plate" or "I have a very full plate" and how we use these expressions to indicate that we are overloaded and can't take on any more. Do this activity at the dinner table after finishing the meal.

Using paper plates and pens have participants identify personal concerns or worries and write them on the paper plate; thus the metaphor, "I have a lot on my plate." Instruct participants to think about the things that cause the most stress and write those things in larger print while the things that cause less stress can be written small and will take up less space on the plate. Use a Paper Plate with some sample stressors already written on it to show participants what you are asking them to do and give them a minute to write down their own stressors.

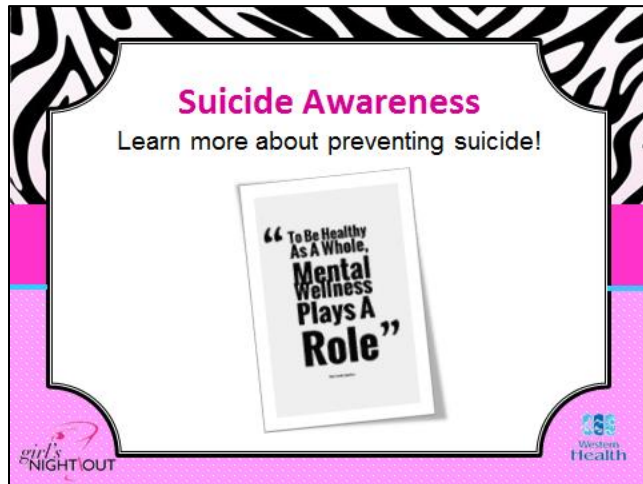
Facilitators can then discuss some of the things that participants have identified and how people usually feel less overwhelmed when they are able to talk about their problems and identify effective ways to cope. The *Girls Night Out* event is meant to be a fun way to learn ways to cope and get helpful tips to promote a positive mental health.

Instruct participants to keep their plate because they are going to use them again when we talk about supports (Circles of Support Activity) as a way to manage some of the pressures we feel or "lighten the load" on our plate.



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SUICIDE AWARENESS ACTIVITIES: Slide #8



Pass the Parcel: Slide #9



This activity is meant to be a fun way to introduce the difficult topic of suicide. Start by dispelling the myths and providing facts about suicide using the pass the parcel concept. Just like the children's Birthday Party game, we are going to play Pass the Parcel. Facilitators, have participants sit in a circle and pass the parcel while you play music (embedded into slideshow presentation). When the music stops, the person holding the parcel will remove a layer of paper to reveal a Myth about suicide that they will read aloud. Music for this activity is included in the Power Point. Click the icon on the slide to start & pause the music.

Facilitators lead a brief discussion where they provide the fact that dispels the myth presented. This process continues until all the layers of paper are removed and the participant to unwrap the last layer



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of paper will get the prize inside. Contact the Regional Mental Health Promotion Consultant or your local Wellness Facilitator for a promotional item to use as a prize.

8 MYTHS labels are included in the planning guide and should be printed and put on the layers of paper used to wrap a prize. *See Appendix D for the MYTHS labels.*

MYTH: Never mention suicide to a depressed person.

Fact: Talking about suicide will NOT give them the idea. Talking calmly, without showing fear or judgment, can bring relief. It shows sincere concern & can reduce the risk of an attempt.

MYTH: Young people rarely think about suicide.

Fact: Thoughts of suicide are common but do not need to be acted on. There is cause for alarm when there is a plan.

MYTH: Suicide is sudden & unpredictable.

Fact: Suicide is not usually sudden. Thoughts usually develop over time & for many reasons. Most people gave some warning signs.

MYTH: Suicidal youth are only seeking attention or trying to manipulate others.

Fact: Efforts to manipulate or get attention are always a cause for concern. All suicide threats must be taken seriously.

MYTH: Suicidal people are determined to die.

Fact: They don't necessarily want to die but they want their pain to end. Suicide is about ESCAPE NOT DEATH.

MYTH: A suicidal person will always be at risk.

Fact: A desire to escape pain or pressure can be relieved when problems are solved. Learning effective ways to cope can help.

MYTH: People who talk about suicide do not mean to do it.

Fact: People who talk about suicide may be reaching out for help or support. All suicide threats must be taken seriously.

MYTH: Only people with mental disorders are suicidal.

Fact: Suicidal behavior indicates deep unhappiness but not necessarily mental disorders.

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The song chosen for this activity is *Fight Song* by Rachel Platten. The song was chosen because the lyrics are fitting for the topic and the song may help to motivate and inspire people as they discuss the difficult and sensitive topic of suicide. Its motivating tone conveys the song's message to believe in yourself.

Fight Song Lyrics, Rachel Platten (3:25)

Like a small boat
On the ocean
Sending big waves
Into motion

Like how a single word
Can make a heart open
I might only have one match
But I can make an explosion

And all those things I didn't say
Wrecking balls inside my brain
I will scream them loud tonight
Can you hear my voice this time?

This is my fight song
Take back my life song
Prove I'm alright song
My power's turned on
Starting right now I'll be strong
I'll play my fight song
And I don't really care if nobody else believes
'Cause I've still got a lot of fight left in me

Losing friends and I'm chasing sleep
Everybody's worried about me
In too deep
Say I'm in too deep (in too deep)
And it's been two years I miss my home
But there's a fire burning in my bones
Still believe
Yeah, I still believe



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And all those things I didn't say
Wrecking balls inside my brain
I will scream them loud tonight
Can you hear my voice this time?

This is my fight song
Take back my life song
Prove I'm alright song
My power's turned on
Starting right now I'll be strong
I'll play my fight song
And I don't really care if nobody else believes
'Cause I've still got a lot of fight left in me

A lot of fight left in me

Like a small boat
On the ocean
Sending big waves
Into motion
Like how a single word
Can make a heart open
I might only have one match
But I can make an explosion



This is my fight song
Take back my life song
Prove I'm alright song
My power's turned on
Starting right now I'll be strong (I'll be strong)
I'll play my fight song
And I don't really care if nobody else believes
'Cause I've still got a lot of fight left in me

Know I've still got a lot of fight left in me

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Prevent Suicide Video: Slide #10 (11:13 mins)



Prevent Suicide...What You Know Could Save A Life

This video was developed by the Suicide Prevention and Awareness Committee, a sub-committee of Community Mental Health Initiative formed in 2010 and comprised of members from other agencies, community organizations and individuals whose lives have been affected by suicide. The Committee created a video in the Western Region of Newfoundland featuring a local mother who lost her 17-year old son to suicide. The video is embedded into the slideshow presentation.

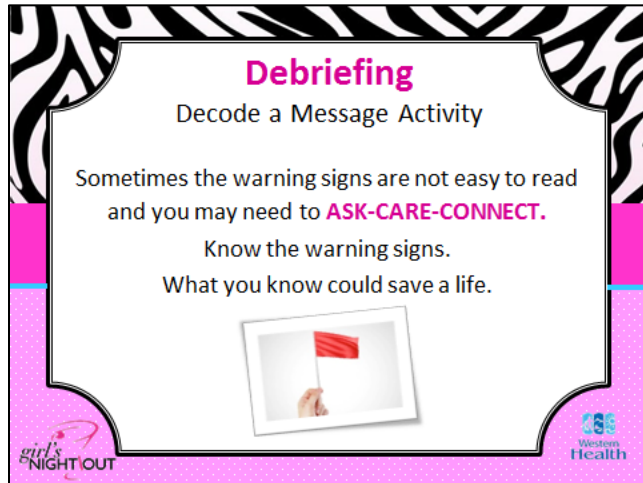
Tell participants that this video features a local mother, Mary Fisher who lost her 17-year old son to suicide in June 2007. While it may be difficult to watch and listen, the message is important. The video hopes to send a powerful message to viewers about suicide and its impact. It promotes the key messages of knowing the warning signs and where to get help as the main ways to prevent suicide.

Simply click on the black screen on the slide to start the video.

WARNING: THIS VIDEO CONTAINS STRONG EMOTIONAL CONTENT.

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Debriefing & Decode a Message: Slide #11



Immediately after showing the video, ask this debriefing question: How did you feel when you heard this real life story? The facilitators can start by offering how it made them feel.

Discuss the key messages from the video (warning signs, where to get help) and talk about how each of us can BE A LIFESAVER (this is one of the prompts for the Removing the STIGMA activity).

Suicide prevention depends a lot on our ability to recognize people who are in distress and may be at risk. IS PATH WARM is a simple tool that we can all use to remember the warning signs of suicide. Facilitators **DO NOT SHARE** this information with participants **UNTIL AFTER** the Decode a Message activity is completed.

I – Ideation
S – Substance Abuse

P – Purposelessness
A – Anxiety
T – Trapped
H – Hopelessness/Helplessness

W – Withdrawal
A – Anger
R – Recklessness
M – Mood

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The Decode A Message activity is meant to be completed as a small group at the table with each table having their own set of 10 red flags (included in the toolkit) containing one letter on each flag. Ask participants to arrange the red flags to spell a SECRET statement (IS PATH WARM).

Handouts: Warning Signs Post Cards & How to talk to your teen about Suicide. Also, Support after Suicide Business Cards and After a Suicide Guide Books are available for Survivors of Suicide Loss. Have copies available if needed.

MINDFUL MOCKTAILS: Slide #13



The topic of suicide is serious and painful to talk about but it is so important. What you know...could save a life! The mocktail hour was designed to help lighten the mood after discussing such a difficult topic. It is an opportunity for participants to relax, socialize and have some fun. Starting with the mocktails and mindfulness exercise, this portion of the *Girls Night Out* event also consists of a photo booth, graffiti wall and homemade hand spa. Participants can socialize as they strike a silly pose at the photo booth, tell others what they do to take care on the graffiti wall and experience a relaxing hand spa that can easily be made at home.

Mindfulness

Mindfulness - Getting the full experience or being fully aware of a task at hand. Practicing simple mindfulness can help you live in the moment – a key to inner peace and calm. We all think about past and present events but do we take the time to notice what is actually happening in this moment? Mindfulness is about slowing down, seeing things clearly, and paying attention to what is happening in the moment. Being aware of your body, your emotions and your thoughts right now allows you to be in the present moment. When you are not aware, you are missing out on living your life.

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For example, the next time you reach for a piece of fruit:

- Notice the colour & texture of its skin.
- Breathe in its aroma. Try to describe it in your mind.
- Think about where it came from and how it got to you.
- As you bite into it, think about how it affects your senses.
- How does the bite sound? Feel? Taste?

Mocktails are refreshing drinks that don't contain alcohol. They are perfect for those who choose to be alcohol-free. They blend great ingredients that will excite the taste buds of all your friends.

Facilitators need to consider the number of participants to calculate how much mocktails to make. The Sparkling Cranberry Pineapple Chill Recipe was chosen for this activity for its good tasting flavor, attractive appearance (pink colour with cranberries and lime slices), fizzy texture, chilled temperature and appealing sweet, fruity aroma. These components of the mocktail are all necessary for the mindfulness activity. Use the following recipes and shopping lists as a guide to determine how many supplies to purchase and how much mocktail mixture to make.



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Sparkling Cranberry Pineapple Chill Recipe

Makes 10 cup/2.5 ltrs or approximately 12 – 7 oz. servings

- 3 cups (24 oz.) 100% Canned Pineapple Juice, Chilled
- 3 cups (24 oz.) Cranberry Juice Cocktail, Chilled
- 4 cups Ginger Ale
- 1/2 cup frozen Cranberries
- 1/2 lime, thinly sliced
- Ice



Shopping List (10 cups or 12 servings):

- 1 bottle Cranberry Juice (1.89 ltrs)
- 1 large tin Pineapple juice (
- 1 bottle Ginger Ale (1 ltr)
- 1 bag Frozen Cranberries
- 1 Lime
- 1 pack (7 oz.) Clear Glasses
- 1 pack Straws
- 1 bag Ice

Sparkling Cranberry Pineapple Chill Recipe

Makes 30 cups/7.5 ltrs or approximately 36 – 7 oz. servings

- 9 cups (2.25 ltrs) 100% Canned Pineapple Juice, Chilled
- 9 cups (2.25 4 ltrs) Cranberry Juice Cocktail, Chilled
- 12 cups Ginger Ale (3 ltrs)
- 1.5 cup frozen Cranberries
- 1.5 lime, thinly sliced



Shopping List (30 cups or 36 servings):

- 2 (1.89 ltr) bottles Cranberry Juice
- 2 large tins Pineapple juice
- 1 (2 ltr) & 1 (1 ltr) bottle Ginger Ale
- 1 bag Frozen Cranberries
- 2 Limes
- 1 pack or 36 (7 oz.) Clear Glasses
- 1 pack Straws
- 1 bag Ice

Sparkling Cranberry Pineapple Chill Recipe

Makes 60 cups/15 ltrs or approximately 72 – 7 oz. servings

- 18 cups (4.5 ltrs) 100% Canned Pineapple Juice, Chilled
- 18 cups (4.5 ltrs) Cranberry Juice Cocktail, Chilled
- 24 cups (6 ltrs) Ginger Ale
- 3 cups frozen Cranberries
- 3 limes, thinly sliced
- Ice



Shopping List (60 cups or 72 servings):

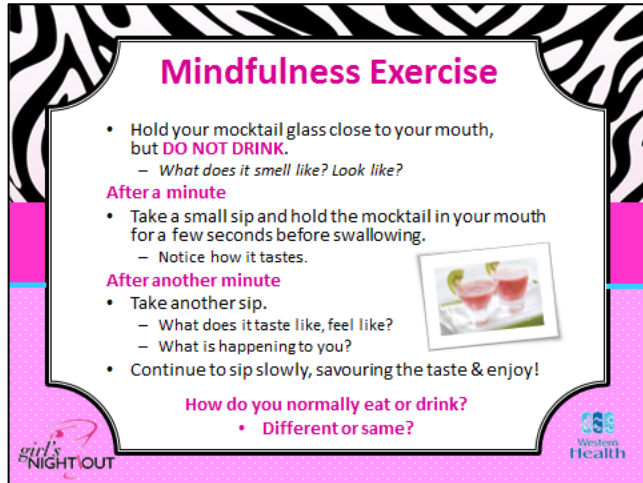
- 3 bottle Cranberry Juice (1.89 ltr)
- 3 large tin Pineapple juice
- 3 bottles Ginger Ale (2 ltr)
- 2 bag Frozen Cranberries
- 3 Limes
- 2 packs or 72 (7 oz.) Clear Glasses
- 1 pack Straws
- 1 bag Ice

Facilitators print copies of the recipe cards for participants to take home *or Request Printed Cards. See Appendix E for Mocktail Recipe Cards.*



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Mindfulness Exercise: Slide #14



Mindfulness Exercise

- Hold your mocktail glass close to your mouth, but **DO NOT DRINK**.
 - What does it smell like? Look like?
- After a minute**
- Take a small sip and hold the mocktail in your mouth for a few seconds before swallowing.
 - Notice how it tastes.
- After another minute**
- Take another sip.
 - What does it taste like, feel like?
 - What is happening to you?
- Continue to sip slowly, savouring the taste & enjoy!

How do you normally eat or drink?

- Different or same?

girl's NIGHT OUT Western Health

- Hold your mocktail glass close to your mouth, but **DO NOT DRINK**.
 - What does it smell like (e.g., fruity pineapple)? Look like (e.g., attractive – pink with cranberries and lime)?
- After a minute
- Take a small sip and hold the mocktail in your mouth for a few seconds before swallowing.
 - Notice how it tastes (e.g., good, sweet taste)
- After another minute
- Take another sip.
 - What does it taste like (e.g., good, sweet taste), feel like (e.g., fizzy, cold)?
 - What is happening to you?
 - Continue to sip slowly, savouring the taste & enjoy!
 - How do you normally eat or drink? Different or same?

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Photo Booth: Slide #15



Ask participants to use the props, be silly and have some fun posing in the photo booth. Create joyful memories for times when you need something to make you smile.

Facilitators, select a wall/area to set up your photo booth using the backdrop and photo props included in the toolkit. Post the Humour and Laughter display in a visible area near the photo booth so participants will have an opportunity to view the poster display. Allow enough space for participants to choose their props and take turns getting their photos done. Use the *Photo Contact Form in Appendix F* to record the photo number and the participant contact information as the photo will be emailed to the participant after the event. Each participant will have an opportunity to choose a speech balloon or heart and write on the prop something that makes them smile (*See Appendix G*). They use the balloon/heart as a prop in their photos and will get to take home their own message balloon/heart. Participants can also be creative and choose other props to go with their message balloon/heart (e.g., mustache, glasses, hat, etc.) for more photo booth fun.

Materials:

- Backdrop
- Photo Props (See Appendix G)
- Camera
- Humour & Laughter Poster Display
- Photo contact form (See Appendix F)



Suicide Awareness Event Planning Guide



Grab a
PROP
AND
Strike a
POSE



Photo
Booth

Suicide Awareness Event Planning Guide

Graffiti Wall: Slide #15



Facilitators select a wall to set up a large piece of banner paper. Title the paper 'Graffiti Wall' with the question "How do you take care of you"? Tape the banner paper onto the wall and ask participants to answer the question and be as creative as they want with images, colour, words, etc. This is a great way to share with others 'what you do to take care of yourself!'

Materials:

- Roll of Banner Paper
- Markers
- Masking Tape



Suicide Awareness Event Planning Guide

Homemade Hand Spa: Slide #15



Facilitators, use the recipe to mix a batch of hand scrubs. Each participant is given a plastic glass cup with the mixture. A little goes a long way! Let the oil completely saturate the sugar. Instruct participants to rub a small amount on their hand then rinse and pat dry for soft, supple skin!

Facilitators, print copies of the recipe card for participants to take home *or Request Printed Cards. See Appendix H* for Sugar Scrub Recipe Card.

Sugar Scrub Recipe

1/2 Cup of Sugar
3 - 4 Tbsp. of Olive Oil

Materials:

- 1 oz. Plastic Cups (1 per participant)
- 1 Bag White Sugar
- 1 Bottle Olive Oil
- 1 Bowl
- Measuring Cups/Spoon
- Sugar Scrub Recipe Cards (See Appendix H)



Suicide Awareness Event Planning Guide

SUPPORTS AND SERVICES: Slide #16



We all have many people around us who can help us out and make us feel good about ourselves. Who are your supports? Participants will have an opportunity to think about who they have in their lives that could be a support and learn where to go for help. Talk about the importance of improving social supports and events like *Girls Night Out* is an opportunity to improve social connections and can be a great support. Ask participants if they feel they have a large circle of supports or if they need more social supports?

Improving Social Supports:

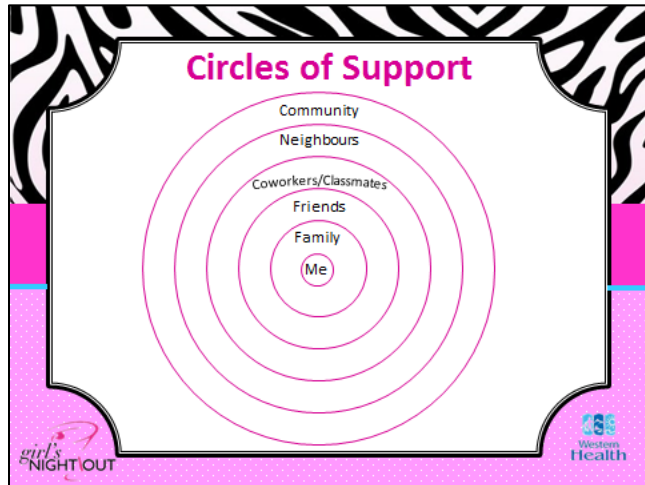
- Appreciate the people in your life
- Pay attention to relationships - Are they positive or negative?
- Attend social events
- Make contact or keep in touch with social supports

Discuss some possible supports.

- Parents
- Brothers/Sisters
- Coaches
- Aunts/Uncles/Cousins
- Friends
- Doctor
- Dog/Cat/Pet
- Teachers
- Co-workers
- Neighbours
- Guidance Counsellors
- Trusted Adult

Suicide Awareness Event Planning Guide

Circles of Support: Slide #17



Materials:

- Paper Plate from A Lot on my Plate Activity

Instructions:

- Explain how we all have many people around us who can help us out and make us feel good about ourselves. Write a list of all your social supports. Begin with yourself and then list all the people that may be a support. List the people that mean the most to you (friends, family, neighbours, acquaintances, teachers, guidance counsellors and any other people in your community that may be a support).
- Use the Circle of Support diagram on the Power Point slide as a guide for participants to draw the circle diagram on the back of their paper plate.
- Participants are then asked to write down the names of the people in their lives that they have for support.
- Ask participants to use the list below to think about their supports. For each activity mark the appropriate letter next to the person that they feel comfortable doing this with:
 - A. Laugh really hard with...
 - B. Tell a big secret to...
 - C. Get angry with...
 - D. Cry in front of...
 - E. Ask for help from...
 - F. Ask for directions from...
 - G. Ask for money from...
 - H. Ask for help with solving a problem...

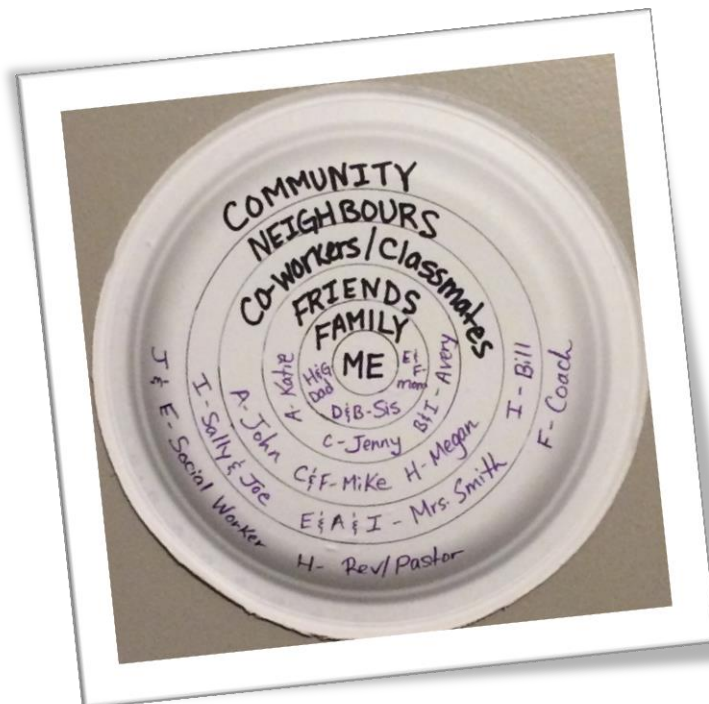
Suicide Awareness Event Planning Guide

- I. Invite home...
- J. Tell family problems to...

Discussion:

- Where did people have the most letters?
- What circle did you have the least letters?
- Who are the most supportive/important people?
- Who else can you turn to for help with problems? Brainstorm community agencies, online supports, etc.

Adapted from Middle Years F&ST Club Handbook



Suicide Awareness Event Planning Guide

Help Lines: Slide #18



Handout: Provide Help Line Business Card and/or magnet as handouts for all participants.

HEALTHLINE	811	www.yourhealthline.ca
Mental Health Crisis Line	1-888-737-4668	
Kids Help Phone	1-800-668-6868	www.kidshelpphone.ca
CHANNAL Peer Support Warm Line	1-855-753-2560	www.channal.ca

For immediate help, go to your local Emergency Department or call 911.

The video clip icons on this slide indicate that there are video clips available to support the information contained on this slide. To play the clips, hit the Esc. button on the keyboard to exit the slideshow. The current slide will remain on the screen. Click on the Icons on the slide to play the videos. The following two videos are available on this slide:

Mental Health Crisis Line TV spot (0:30)

This is a short promotional video about the Newfoundland and Labrador Mental Health Crisis Line.

Understanding Changes Everything – Grandma (0:31)

This is one of the videos produced by the Government of Newfoundland for the Understanding Changes Everything Campaign. www.understandnow.ca

To resume the slideshow, close the video screen and click the slideshow icon in the right hand corner of the Power Point screen.

Suicide Awareness Event Planning Guide

Online Resources: Slide #18

Help Lines

HEALTHLINE 811
www.yourhealthline.ca
 Mental Health Crisis Line 1-888-737-4668
 Mental Health & Addictions Support
 Kids Help Phone 1-800-668-6868
www.kidshelpphone.ca
 CHANNAL Peer Support Warm Line 1-855-753-2560
www.channal.ca

Online Resources

Centre for Suicide Prevention
www.suicideprevention.ca
 The Centre for Suicide Prevention
www.suicideinfo.ca
 Mental Health Commission of Canada
www.mentalhealthcommission.ca

Government of Newfoundland
www.understandnow.ca
www.bridgethegapp.ca (website or app)
www.addictionhelpnl.ca

For immediate help, go to your local Emergency Department or call 911.

Centre for Suicide Prevention
 The Centre for Suicide Prevention
 Mental Health Commission of Canada
 Centre for Suicide Prevention
 The Centre for Suicide Prevention
 Mental Health Commission of Canada
 Government of Newfoundland

www.suicideprevention.ca
www.suicideinfo.ca
www.mentalhealthcommission.ca
www.suicideprevention.ca
www.suicideinfo.ca
www.mentalhealthcommission.ca
www.understandnow.ca
www.bridgethegapp.ca (website or app)
www.addictionhelpnl.ca

Bridge the gAPP: Slide #20

Bridge the gAPP

You are not alone

You are not alone

BTG (60-SEC).mp4

Suicide Awareness Event Planning Guide

Watch the 1-minute BTG promotional video. The video clip icon on this slide indicates that there is a video clip available. To play the clip, hit the Esc. button on the keyboard to exit the slideshow. The current slide will remain on the screen. Click on the icon on the slide to play the video. To resume the slideshow, close the video screen and click the slideshow icon in the right hand corner of the Power Point screen.

Handout: Provide BTG Tear off sheet as handout to all participants.

Introduce Bridge the gAPP as a new resource by the Government of Newfoundland. It is an innovative online mental health resource available from a computer, tablet or phone, which instantly connects people to self-help information and local supports through a searchable service directory. Bridge the gAPP was developed as a health promotion tool to support mental wellness, but it also acts as an early intervention for anyone currently experiencing a mental illness or substance use problem. Bridge the gAPP services are available to both youth (13-18) and adults (18+) through two separate age-appropriate app platforms and are available via websites. Individuals can download through Google Play or the Apple Store or visit the Bridge the gAPP portal page, where all services can be accessed www.bridgethegapp.ca.

Bridge the gAPP for Youth: www.youth.bridgethegapp.ca

Bridge the gAPP for Adults: www.adult.bridgethegapp.ca

The Breathing Room is an eight-module, online self-management program which assists people between the ages of 13 and 24 manage stress, depression and anxiety. It is now available through the youth and adult Bridge the gAPP websites and apps.

Mental Health & Addiction Services: Slide #21



Mental Health & Addiction Services

Offices:	Burgeo	886-2185
Corner Brook 634-4506/4171	Deer Lake	635-7830
Stephenville 643-8740	Norris Point	458-2381
Port aux Basques 695-6250	Port Saunders	861-9125

Youth Outreach Workers:

Corner Brook & Area	639-9676
Stephenville & Area	643-2247
Port aux Basques & Area	695-6901
Norris Point & Area	458-2381 Ext. 271

Prevention & Promotion Services:
634-4921/4927
www.westernhealth.nl.ca/mha

Handout: Provide Mental Health & Addiction Services rack Card as handout to all participants.



Suicide Awareness Event Planning Guide

Offices:

Corner Brook	634-4506/4171
Stephenville	643-8740
Port aux Basques	695-6250
Burgeo	886-2185
Deer Lake	635-7830
Norris Point	458-2381
Port Saunders	861-9125

Youth Outreach Workers:

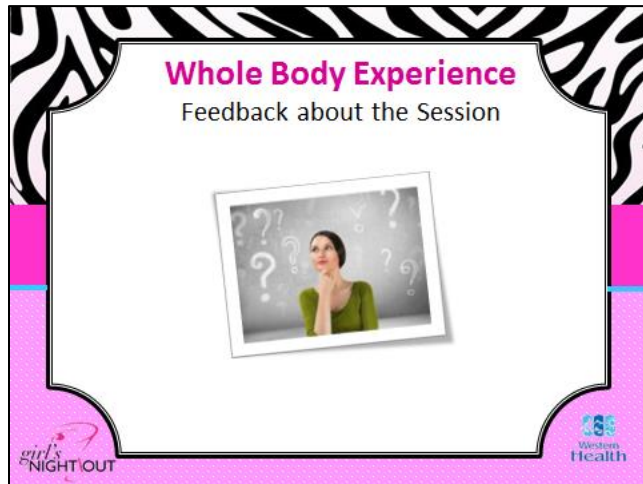
Corner Brook & Area	639-9676
Stephenville & Area	643-2247
Port aux Basques & Area	695-6901
Norris Point & Area	458-2381 Ext. 271

Prevention & Promotion Services

4921/4927 or mha@westernhealth.nl.ca
www.westernhealth.nl.ca/mha

Suicide Awareness Event Planning Guide

THE WHOLE BODY EXPERIENCE: Slide #22 & 23



The purpose of this final activity is to get feedback about the session.

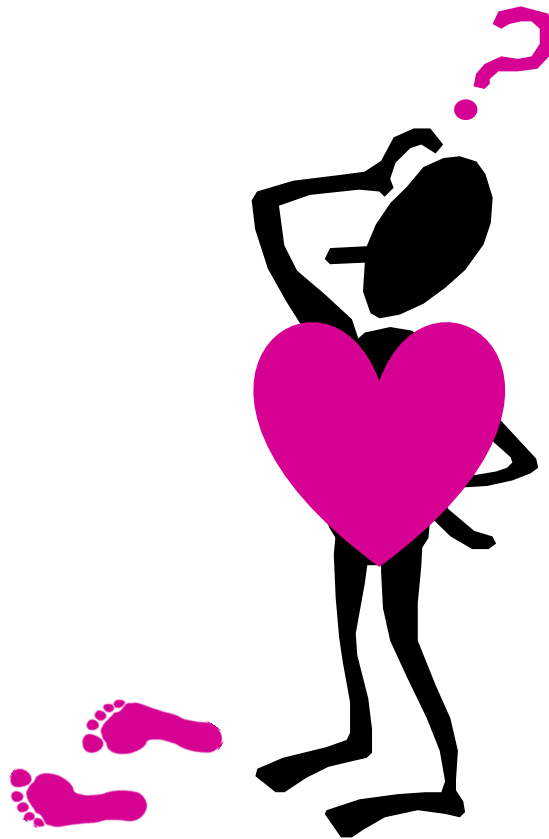
Materials:

- Post-it notes (3 per participant - 1 of each with labels for thoughts, feelings and take aways)
- Whole Body Experience Poster
- Whole Body Experience Labels (See Appendix I)

Suicide Awareness Event Planning Guide

Instructions:

- Facilitators, display Whole Body Experience Poster on the wall. Prepare the post-it notes 3 per participant with 1 of each heading: thoughts, feelings and take aways using labels. *See Appendix I for Whole Body Experience Labels.*
- Ask participants, to use 3 separate post-it notes to answer the questions:
 - What are your **thoughts** about the session?
 - What are your **feelings** about the session?
 - What will you **take away** from the session?
- Instruct participants to put the post-it notes on the wall with *thoughts next to the head, feelings next to the heart & take away next to the feet.*



Suicide Awareness Event Planning Guide



Finish the *Girls Night Out* event by thanking participants for attending.

The video clip icon on this slide indicates that there is a video clip available. To play the clip, hit the Esc. button on the top left hand corner of the keyboard to exit the slideshow. The current slide will remain on the screen. Click on the Icon on the slide to play the video.

The closing video is called This Video. It is intended to leave participants feeling calm and relaxed after their evening out. This video features some well-known Newfoundland faces and is a mellow song with the key message: Everything is gonna be alright! This video was developed by the Community Coalition for Mental Health NL (www.cc4mhnl.ca). They are a coalition working to end stigma and raise awareness of mental health issues.

REMEMBER! Complete the Leader/Organizer Feedback Form after your event (*See Appendix J*).



Suicide Awareness Event Planning Guide

AVAILABLE RESOURCES

Visit the Suicide Prevention section of the Western Health Prevention and Promotion website at www.westernhealth.nl.ca/mha for educational resources and promotional materials. Email: mha@westernhealth.nl.ca to request print materials or borrow resources.

- After a Suicide: A Practical and Personal Guide for Survivors - Request copies
- Prevent Suicide - Be a Lifesaver Cards - Print Double-sided and add a Life Saver Candy!
- Suicide Prevention Poster Display - Available to borrow or print as a handout
- Prevent Suicide - Together We Are Stronger (2 1/2 x 4 ft Vinyl Banner) - Available to borrow
- Prevent Suicide - What You Know Could Save A Life (2 1/2 x 4 ft Vinyl Banner) - Available to borrow
- Prevent Suicide - Youth (2 1/2 x 4 ft Vinyl Banner) - Available to borrow
- Warning Signs Post Cards - Request copies
- Support After Suicide Cards - Print Double-sided or request copies
- Crisis Line Magnets - Request magnets
- Crisis & Help Line & MH&A Services Cards - Request cards (2 sided card with crisis & help line information on the front and MH&A Services information on the back.
- How to Talk to your Teen about Suicide Rack Cards - Request Copies
- Bridge the gAPP Tear off Sheets – Request Copies
- CCSMH Suicide Prevention Among Older Adults - Guide for Family Members
- CCSMH Late Life Suicide Prevention Tool Kit
- Suicide Awareness Video

For more information or to book resources, please contact:

Regional Mental Health Promotion Consultant

Regional Addictions Prevention Consultant

Telephone: 634-4171

www.westernhealth.nl.ca/mha

mha@westernhealth.nl.ca





Suicide Awareness Event Planning Guide

APPENDICES

- Appendix A: Invitation
- Appendix B: Registration Sheet
- Appendix C: Mental Health Tip Cards
- Appendix D: Myths Labels
- Appendix E: Mocktail Recipe Cards
- Appendix F: Photo Contact Form
- Appendix G: Photo Booth Props
- Appendix H: Sugar Scrub Recipe Card
- Appendix I: Whole Body Experience Labels
- Appendix J: Leader/Organizer Feedback Form



**APPENDIX A:
INVITATION**



girl's
NIGHT|OUT

Inviting Females Aged 15+

*Grandmothers, Mothers, Daughters,
Sisters, Friends, & Neighbors*

Share a meal • Share tips • Share a laugh

Let's have fun talking about mental health!

Learn more about preventing suicide!

Learn about services & supports!

- **Pizza • Mocktails • Photo Booth •**
- **Socializing & Learning Activities •**

Cow Head Community Hall

Thursday, October 6, 2016

5:00 PM - 8:00 PM

Space is limited. Call to Register now!
Registration is required. No cost to Register.

SueAnn Collett: 243-2129





APPENDIX B:
REGISTRATION LIST



REGISTRATION LIST

	Name	Contact Information	Special Dietary Restrictions/Food Allergies	Names of Guests Attending Together (for seating purposes)
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APPENDIX C:
MENTAL HEALTH TIP CARDS

STIGMA Wall Tip Cards

TIP #1

Use physical activity to manage difficult emotions such as anger or anxiety.

For example: walk the dog, go for a run, ride a bike, play a sport, zumba, etc.



HEALTHLINE 811
www.bridgeTHEgAPP.ca
Mental Health Crisis Line
1-888-737-4668

TIP #2

Ask for Help! If you are having a difficult time, reach out to family, friends or someone you trust.



Find someone to talk to or contact a Help Line for support.

HEALTHLINE 811
www.bridgeTHEgAPP.ca
Mental Health Crisis Line
1-888-737-4668

TIP #3

Relax! Take time to do the things you enjoy.

For example: cook yourself a good meal, have a bubble bath, see a movie, call a friend...whatever it is, do it just for you.



HEALTHLINE 811
www.bridgeTHEgAPP.ca
Mental Health Crisis Line
1-888-737-4668

TIP #4

Talk about it! Share your troubles & don't be afraid to ask for support.

Find someone to talk to, contact your health care provider or call a Help Line for support.



HEALTHLINE 811
www.bridgeTHEgAPP.ca
Mental Health Crisis Line
1-888-737-4668

TIP #5

Learn ways to manage stress! Use relaxation techniques.

For example: deep breathing, stretching, visualization, meditation and progressive muscle relaxation.



HEALTHLINE 811
www.bridgeTHEgAPP.ca
Mental Health Crisis Line
1-888-737-4668

TIP #6

Laugh! A sense of humour helps you deals with illness, stress and pressures at home & work.

It can dramatically change the quality and outlook of our lives.



HEALTHLINE 811
www.bridgeTHEgAPP.ca
Mental Health Crisis Line
1-888-737-4668

TIP #7

Be an optimist! Think positive thoughts and have a hopeful attitude.

It can dramatically change the quality and outlook of our lives.



HEALTHLINE 811
www.bridgeTHEgAPP.ca
Mental Health Crisis Line
1-888-737-4668

TIP #8

Food for your Mood! Eating healthy won't get rid of the stress in your life, but it can help you cope.



A healthy diet is important for good physical and mental health.

HEALTHLINE 811
www.bridgeTHEgAPP.ca
Mental Health Crisis Line
1-888-737-4668

TIP #9

CAUTION! Alcohol, Tobacco & Other Drugs **DO NOT HELP** with long term relaxation.

Talk to your health care provider about ways to reduce your use of alcohol, tobacco &/or other drugs.



HEALTHLINE 811
www.bridgeTHEgAPP.ca
Mental Health Crisis Line
1-888-737-4668

TIP #10

A healthy diet, moderate exercise & proper sleep habits is important for good physical and mental health.

It helps ease tension, improves sleep & increases self-esteem.



HEALTHLINE 811
www.bridgeTHEgAPP.ca
Mental Health Crisis Line
1-888-737-4668

TIP #11

Keep a journal or talk to the wall!

Expressing yourself after a stressful day can help you relax, release tension & even boost your body's resistance to illness.



HEALTHLINE 811
www.bridgeTHEgAPP.ca
Mental Health Crisis Line
1-888-737-4668

TIP #12

"Collect" positive emotional moments

Recall times when you felt pleasure, comfort, confidence, or other positive emotions. Embrace your good qualities.



HEALTHLINE 811
www.bridgeTHEgAPP.ca
Mental Health Crisis Line
1-888-737-4668



APPENDIX D:
MYTHS LABELS

MYTH: Never mention suicide to a depressed person.

Fact: Talking about suicide will NOT give them the idea. Talking calmly, without showing fear or judgment, can bring relief. It shows sincere concern & can reduce the risk of an attempt.

MYTH: Suicide is sudden & unpredictable.

Fact: Suicide is not usually sudden. Thoughts usually develop over time & for many reasons. Most people gave some warning signs.

MYTH: Suicidal people are determined to die.

Fact: They don't necessarily want to die but they want their pain to end. Suicide is about ESCAPE NOT DEATH.

MYTH: People who talk about suicide do not mean to do it.

Fact: People who talk about suicide may be reaching out for help or support. All suicide threats must be taken seriously.

MYTH: Young people rarely think about suicide.

Fact: Thoughts of suicide are common but do not need to be acted on. There is cause for alarm when there is a plan.

MYTH: Suicidal youth are only seeking attention or trying to manipulate others.

Fact: Efforts to manipulate or get attention are always a cause for concern. All suicide threats must be taken seriously.

MYTH: A suicidal person will always be at risk.

Fact: A desire to escape pain or pressure can be relieved when problems are solved. Learning effective ways to cope can help.

MYTH: Only people with mental disorders are suicidal.

Fact: Suicidal behavior indicates deep unhappiness but not necessarily mental disorders.



APPENDIX E:
MOCKTAIL RECIPE CARDS

Mocktail Recipe Cards – Single Serving

**Sparkling Cranberry
Pineapple Chill**

Single Serving

- 1 oz 100% Canned Pineapple Juice, Chilled
- 1 oz Cranberry Juice Cocktail, Chilled
- 2 oz Ginger Ale
- 2-3 frozen Cranberries
- 1 thin slice of lime
- Ice



**Sparkling Cranberry
Pineapple Chill**

Single Serving

- 1 oz 100% Canned Pineapple Juice, Chilled
- 1 oz Cranberry Juice Cocktail, Chilled
- 2 oz Ginger Ale
- 2-3 frozen Cranberries
- 1 thin slice of lime
- Ice



**Sparkling Cranberry
Pineapple Chill**

Single Serving

- 1 oz 100% Canned Pineapple Juice, Chilled
- 1 oz Cranberry Juice Cocktail, Chilled
- 2 oz Ginger Ale
- 2-3 frozen Cranberries
- 1 thin slice of lime
- Ice



**Sparkling Cranberry
Pineapple Chill**

Single Serving

- 1 oz 100% Canned Pineapple Juice, Chilled
- 1 oz Cranberry Juice Cocktail, Chilled
- 2 oz Ginger Ale
- 2-3 frozen Cranberries
- 1 thin slice of lime
- Ice



**Sparkling Cranberry
Pineapple Chill**

Single Serving

- 1 oz 100% Canned Pineapple Juice, Chilled
- 1 oz Cranberry Juice Cocktail, Chilled
- 2 oz Ginger Ale
- 2-3 frozen Cranberries
- 1 thin slice of lime
- Ice



**Sparkling Cranberry
Pineapple Chill**

Single Serving

- 1 oz 100% Canned Pineapple Juice, Chilled
- 1 oz Cranberry Juice Cocktail, Chilled
- 2 oz Ginger Ale
- 2-3 frozen Cranberries
- 1 thin slice of lime
- Ice



Mocktail Recipe Cards – 10 Cups

**Sparkling Cranberry
Pineapple Chill**

Makes 10 Cups

- 3 cups (24 oz) 100% Canned Pineapple Juice, Chilled
- 3 cups (24 oz) Cranberry Juice Cocktail, Chilled
- 4 cups Ginger Ale
- 1/2 cup frozen Cranberries
- 1/2 lime, thinly sliced
- Ice



**Sparkling Cranberry
Pineapple Chill**

Makes 10 Cups

- 3 cups (24 oz) 100% Canned Pineapple Juice, Chilled
- 3 cups (24 oz) Cranberry Juice Cocktail, Chilled
- 4 cups Ginger Ale
- 1/2 cup frozen Cranberries
- 1/2 lime, thinly sliced
- Ice



**Sparkling Cranberry
Pineapple Chill**

Makes 10 Cups

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- 1/2 cup frozen Cranberries
- 1/2 lime, thinly sliced
- Ice



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Makes 10 Cups

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- 3 cups (24 oz) Cranberry Juice Cocktail, Chilled
- 4 cups Ginger Ale
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- 1/2 lime, thinly sliced
- Ice





APPENDIX F:
PHOTO CONTACT FORM

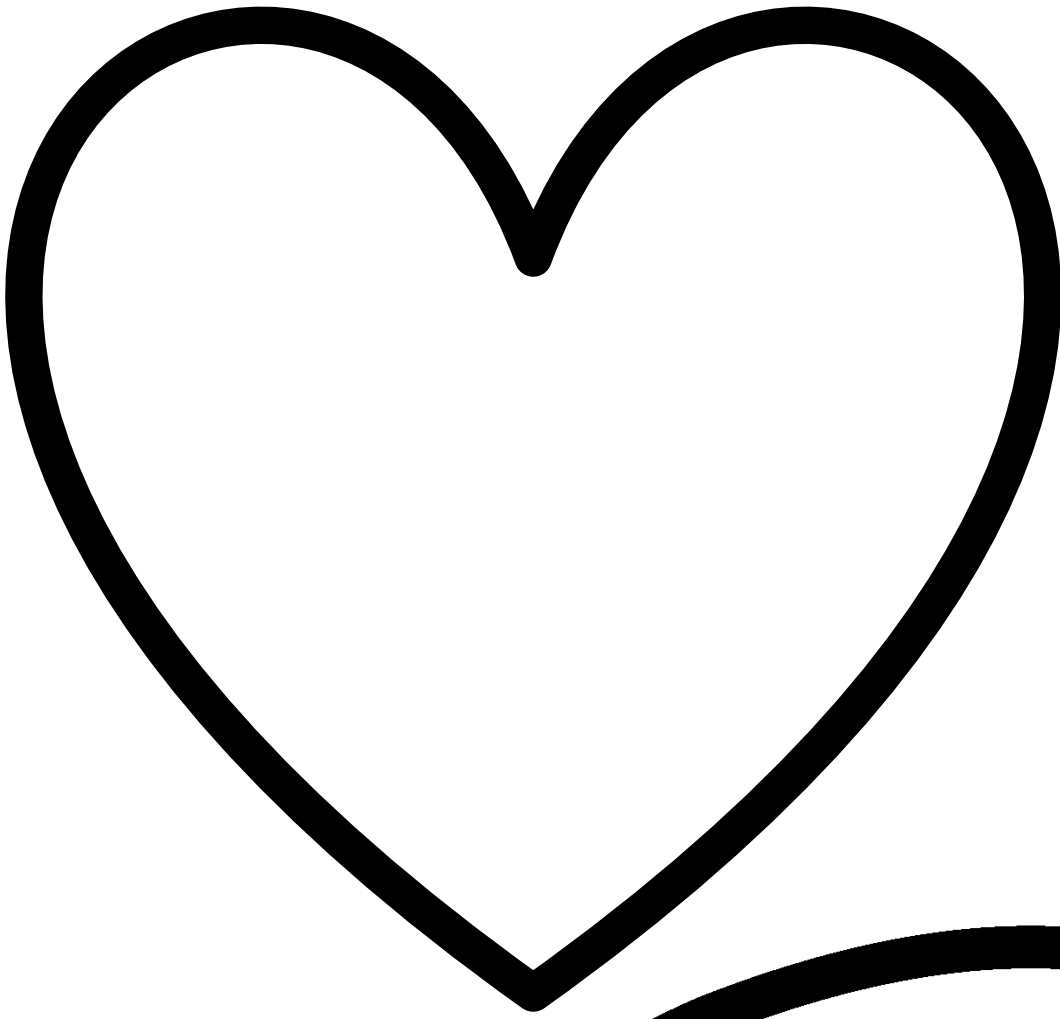


PHOTO CONTACT SHEET

	Photo #	Name	Email Address	Telephone
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APPENDIX G:
PHOTO BOOTH PROPS





APPENDIX H:
SUGAR SCRUB RECIPE CARD

Sugar Scrub Recipe Cards

Sugar Scrub Recipe

1/2 Cup of Sugar
3 - 4 Tbsp. of Olive Oil

Let the oil completely saturate the sugar. Rub a small amount on your hand (or body), then rinse and pat dry for soft, supple skin!

You can add a small amount of skin safe fragrance oil to scrub if you like. Store with a lid at room temperature.

Use within 1-2 weeks

Sugar Scrub Recipe

1/2 Cup of Sugar
3 - 4 Tbsp. of Olive Oil

Let the oil completely saturate the sugar. Rub a small amount on your hand (or body), then rinse and pat dry for soft, supple skin!

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Sugar Scrub Recipe

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3 - 4 Tbsp. of Olive Oil

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You can add a small amount of skin safe fragrance oil to scrub if you like. Store with a lid at room temperature.

Use within 1-2 weeks



APPENDIX I:

WHOLE BODY EXPERIENCE LABELS

Thoughts

What are your thoughts about the session?

Feelings

What are your feelings about the session?

Take Away

What will you take away from the session?

Thoughts

What are your thoughts about the session?

Feelings

What are your feelings about the session?

Take Away

What will you take away from the session?

Thoughts

What are your thoughts about the session?

Feelings

What are your feelings about the session?

Take Away

What will you take away from the session?

Thoughts

What are your thoughts about the session?

Feelings

What are your feelings about the session?

Take Away

What will you take away from the session?

Thoughts

What are your thoughts about the session?

Feelings

What are your feelings about the session?

Take Away

What will you take away from the session?

Thoughts

What are your thoughts about the session?

Feelings

What are your feelings about the session?

Take Away

What will you take away from the session?

Thoughts

What are your thoughts about the session?

Feelings

What are your feelings about the session?

Take Away

What will you take away from the session?



APPENDIX J:

LEADER/ORGANIZER FEEDBACK FORM



LEADER/ORGANIZER FEEDBACK FORM

Location/Community: _____ Date: _____

of Registered Participants: _____ Age Range of Participants: _____

Partners/Volunteers: _____

1. Summary of Participant Feedback (write comments below):

2. What did you like best? What worked well (Successes)?

3. What did you like least? What did not work well (Challenges)?

4. If we were to do this again, what would you do differently (Recommendations and Opportunities for Improvement)?



LEADER/ORGANIZER FEEDBACK FORM

5. Please provide an example of the positive impact that the Event had on participants (or list a success story).

6. Other Comments:

7. On a Scale from 1-10, how would you rate the overall success of the Event?

1 2 3 4 5 6 7 8 9 10

8. Would you recommend that this Event be offered again?

Yes No

9. Through your observations, do you feel that participants are now more aware of available services and supports?

Yes No

10. Through your observations, do you feel that participants are now more aware of the key messages of suicide prevention?

Yes No



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NIGHT|OUT



2016