



# **PLANNING GUIDE**

**2016**

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# INTRODUCTION

Use this guide to create your own ***Suicide Awareness Survivor Challenge***. The goal of this resource is to promote key suicide prevention messages in a fun way. The challenges in this planning guide all relate to the key messages of suicide prevention. This planning guide is meant to be a resource to get you started but feel free to add additional activities or modify activities as needed for your event. Be creative! Host a Guys event, a Women's event, a Youth event or target groups to compete. Do you have what it takes to conquer our missions? ***Emerge Victorious as SURVIVORS!***

## HOW IT WORKS?

- Select the challenges that you want to use for your event and determine the materials needed.
- Copy the corresponding challenge scripts for your host.
- Each Survivor Challenge event should start with the tribe flag event. The tribe flag event is an icebreaker to establish the tribe names and set up the event.
- The Fire making challenge is also recommended at the beginning of the event as fire represents life in the game of Survivor.
- The Scavenger Hunt activity is also recommended as it is a great activity for providing key messages regarding suicide (e.g., the warning signs of suicide, where to get help).
- Set Points for each challenge to determine the winning tribe.
- Assign tribes with a maximum of 4 tribes for the event and use the standard suicide awareness kite colours: red, green yellow and blue.
- Tribes compete to earn points for each of the challenges chosen.
- Prizes are given to the winning tribe (the tribe that collects the most points overall). Individual prizes may also be needed if there are individual reward challenges offered in your event.
- Hidden Immunity Idol - Tribes will be given a clue at the beginning of the Survivor Challenge and will have an opportunity throughout the game to compete and find the hidden immunity idol. There is only one hidden immunity idol and the tribe that locates the idol will present it at tribal council for bonus points. Message: Congratulations you have found the immunity idol will be attached to the idol.
- Option: At the end of each challenge, participants answer the question: Did you enjoy the challenge? By holding up a yes/no card for everyone to see (part of event evaluation)
- Participants complete an evaluation at the end of the event at Tribal Council.

Create a story for your event that relates to the local area and connects to the topic of suicide awareness. The host can set the scene for the participants and spectators. Remind the host about using the appropriate language of suicide.

### **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.

### **Sample script for Gros Morne event:**

*Welcome Castaways to Survivor Gros Morne (insert location of your Survivor)!!!*

*On the Survivor show, the motto is to OUT WIT – OUT PLAY – OUT LAST. In our version, the Suicide Awareness Survivor Challenge, our theme is to ASK – CARE – CONNECT.*

*Suicide Prevention starts with a question. Are you ready to ask it? If you suspect someone may be suicidal, ASK - CARE - CONNECT.*

**Ask** - *Ask if they have thoughts of suicide. If yes, ask if they have a plan (how, when, how prepared) & if any prior attempts. They should not be left alone.*

**Care** - *Let the person know you care & want to help. Be a good listener. Talk in a calm, caring, accepting & non-judgmental way. Be sensitive! Do not blame, criticize or interrupt.*

**Connect** - *Encourage & support them to get help professional help. Don't promise that you won't tell anyone - threats of suicide should always be taken seriously. Contact your local Emergency or Police.*

*Gros Morne National Park is a world heritage site nestled on the west coast of Newfoundland, a remote island only accessible by plane or boat. The park takes its name from Newfoundland's second-highest mountain peak at 806 meters. Its French meaning is "large mountain standing alone," or more literally "great sombre." "The park provides a rare example of the process of continental drift, where deep ocean crust and the rocks of the earth's mantle lie exposed. Along the coast are forests of stunted and twisted spruce and balsam fir trees, known locally as "tuckamores," battered by storms and winds blowing from the sea. The park is home to wildlife such as lynx, black bear, caribou, arctic hare, marten and a booming population of introduced moose.*

*Survival skills are put to the challenge in this area with short summers, harsh winters, exposed rock, a tuckamore forest, overrun by moose and black flies, isolation, limited job*

*opportunities, limited recreation activities and limited access to necessities. These hardships take an emotional toll on the people of the area. Too many lives have been affected by mental health, substance use issues and even suicide. You and the others arrived in Gros Morne National Park, situated on this remote island as part of a rescue mission to support and enable people to enjoy their lives and learn better ways to cope with life's challenges.*

*We will have four tribes competing in today's challenge; each tribe will have a different colour: red, yellow, blue and green. Each colour is seen in the kite, which the Canadian Association for Suicide Prevention has chosen for the symbol for World Suicide Prevention Day. The kite represents the person we have lost and the string is the connection that we will have with them forever.*

*I'm sure you are all wondering which tribe you will belong to. In this bag I have different coloured buffs, one for each of you. When it is your turn, you will come up, pick a buff and then stand next to the matching coloured flag.*

*Whoever has a birthday in the month of \_\_\_\_\_, please step forward and pick your buff!*

*Whoever has a birthday in the month of \_\_\_\_\_, please step forward!*

*(continue choosing months until everyone has picked a buff)*

*Okay Castaways, your first challenge as a tribe will be to decide a tribe name and create a flag! There are a couple of items that you must include on your flag:*

- *Your tribe name*
- *Name of each Castaway*
- *Incorporate the Survivor motto: ASK – CARE – CONNECT*

*You have 20 minutes! GO!!!*

*(Once 20 minutes are up): Okay Castaways! Time is up! It's time to meet our tribes! I would like one member from your tribe to introduce your fellow castaways, tell us your new tribe name and why you chose the name. Who would like to go first?*

# TRIBE FLAGS

Tribes create a flag and decide on a tribe name.

## Materials:

- 1 piece of coloured fabric per tribe (red, green yellow and blue)
- Coloured fabric for matching head/armbands
- Markers
- 2 Wooden stakes per flag
- Glue
- Staples
- Paper
- Stickers

## Set Up:

- Organizers assemble the flags using the coloured material and wooden stakes (1 flag per tribe)
- Make a 6" diagonal cut in the four corner of the fabric on (to tie onto the wooden stakes)

## How to Play:

- Tribes are instructed to create a flag that represents them as a team. Flags must include, tribe name, names of the Castaways and incorporate the ASK-CARE-CONNECT motto.

## The Meaning of Kites

The Canadian Association for Suicide Prevention has chosen kites as a symbol for World Suicide Prevention Day. ***The kite represents the person we have lost & the string the connection we will have with them forever.***

As we watch the kite flying high above us we remember those we have lost but who are always with us. We do not wish to let go of the memory of that person & hold on to the string & our connection with them.

We do hope for the day we can let go of our pain, sadness & even anger so that we can remember & see the person more clearly. Those feelings can be like clouds that block our view of the kite. Let us see the person for all their brilliance, like these brightly coloured kites. A person's value, identity & importance are not determined by how they died but rather what they meant to us when they lived. The kite can also represent our connection to others, our

sense of purpose & hope, something that we grasp tightly & not lose sight of. The kite also reminds us of the importance of staying connected to ourselves to keep our feet on the ground & to sometimes put our heads in the clouds & dream, to feel our own importance & power, to care for & nurture ourselves, to have fun & play.

The string is a very necessary part of the kite for without it the kite is lost. The string is perhaps the central theme, our need for connectedness, & connection with hope, with community, with those who have died, with those who struggle with thoughts of suicide & with ourselves. This string connects & unites us all together.

Information Adapted from Canadian Association for Suicide Prevention

[www.suicideprevention.ca](http://www.suicideprevention.ca)



# **SURVIVOR CHALLENGES**



# FIRE MAKING

Tribes compete to be the first to build a fire and burn the sticks.

## Materials:

- Matches
- Wood
- String
- Sticks
- Birch Bark

## How to Play:

- Tie a piece of string to two sticks stuck in the ground above where tribes will create their fire. The string should be at least 12 inches (up to 36" for larger fires) from the ground. Check the height of the string BEFORE tribes light their fire.
- Tribes may NOT use a fire-starter of any kind.
- The first tribe to burn through the string wins this challenge.
- All local fire safety rules must be followed. Anyone lighting a fire unsafely, or allowing it to burn unsafely will be disqualified from this challenge. All fires must be completely put out after the challenge.

## How to Collect Points:

\_\_\_ Points are awarded to all tribes from completing the challenge.

\_\_\_ Bonus points are awarded to the first tribe to burn through the string.

## How does this activity relate to suicide prevention?

- Smoke/Fire is symbolic of warning signs.
- Putting out the fires is symbolic of dealing with crisis situation
- Fire represents your life in the game of Survivor

## Sample Script:

The second challenge that you will be completing today is fire making!

Just like in the actual game of Survivor, fire represents your life. For our purpose, the smoke and fire is also symbolic of the warning signs suicide.

Warning signs can be Actions like withdrawal from family and friends or loss of interest in hobbies that they have always loved. Can anyone tell me other actions?

Other examples: *Loss of interest in hobbies, abuse of alcohol and/or drugs, reckless behavior, extreme behaviour changes, giving away prize possessions.*

Warning signs can also be Feelings like hopeless or worthless. What are some other feelings that may be warning signs?

Other feelings: *desperate, angry, helpless, lonely, guilty and sad.*

Warning signs can be Thoughts that people have or may say out loud. Such as, "I won't be needing these things anymore" or "I wish I were dead". What are some other thoughts?

Other examples: *"All of my problems will end soon", Everyone will be better off without me", "I just can't take it anymore".*

And warning signs can be Physical as well, like lack of interest in appearance or a change of appetite or weight (loss/gain). What are some other physical signs?

Other examples: *disturbed sleep, physical health complaints.*

Okay tribes, anyone lighting a fire unsafely or allowing it to burn unsafely will be disqualified from this challenge.

In front of you is a string that is \_\_\_\_ inches off the ground. Using only the material provided, you will have \_\_\_\_\_ minutes to make a fire and burn through the string. All tribes that complete the challenge will earn \_\_\_\_ points. The first tribe to burn through the string is awarded \_\_\_\_\_ bonus points!

Once the string is separated by the fire, you will need to put out the fire (safely). This action is symbolic of putting out a fire when dealing with a crisis situation.

Okay, is everyone clear about the challenge? On your mark, get set, GO!!!

# SCAVENGER HUNT

In this challenge, Tribes will navigate through the campground to find eleven flags (symbolic of navigating services/where to get help) and collect all the red flags (warning signs).

## Materials:

- 10 Red flags per team (with IS PATH WARM letters/warning sign messages written on the flag and GPS coordinates)
- Labels with warning signs and coordinates (See Appendix C)
- Master sheet for GPS Coordinates
- Clue Sheets
- 1 final flag per team (with services/where to get help)
- 1 GPS per team
- Immunity idol
- Decode a Message Sheet

## Set Up:

- Print all documents: labels for warning flags (one sheet per tribe), master sheet (1 copy for the host), clue sheets.
- Place the labels on the red flags.
- Organizers will select 10 sites to hide flags. One flag per tribe will be hidden at each of the 10 sites.
  - Starting with the M (Mood Changes) flags, choose a place to hide the flags and record the coordinates on the R (Recklessness) flags. Hide the R flags at a different location and record the GPS coordinates on the A (Anger) flags. Hide the A flags at a different location and record the GPS coordinates on the W (Withdrawal) flag. Continue until all the flags are hidden.
  - Once the I (Ideation) flags are hidden, you will need to go back to the M (Mood Changes) flags location to record the GPS coordinates of the I flags on the M flags.
  - The GPS coordinates need to be recorded for each of the 10 sites on the Master Sheet.
  - Assign each tribe a different first clue (e.g., give the red tribe the GPS coordinates for the I (Ideation) flag and give the blue tribe the GPS coordinates for the T (Trapped) flag. This is to ensure that tribes are not looking for the same clues at the same time.
  - After tribes have found all 10 red flags, return to the starting point. The 11<sup>th</sup> flag is collected and includes the where to get help information.

### **How to Play:**

- Using a GPS, tribes navigate through the campground to find all the red flags or warning signs of suicide (IS PATH WARM). The final clue will lead to a list of services available for where people can go to get help.
- Each tribe will be given the first clue (clues will be different so that Tribes are looking for flags at different locations at different times).
- Each flag will include GPS coordinates for the next flag location.
- Continue looking for flags until all 10 flags are found. Instruct tribes to return to the starting point when all 10 red flags are found.
- A final flag (11<sup>th</sup>) flag will include a list of services/where to get help and will be at the starting point.

### **DECODE A MESSAGE**

Sometimes the warning signs are not easy to read and you may need to ASK – CARE-CONNECT.

- Teams then arrange the red flags to spell a secret statement (IS PATH WARM).

### **How to Collect Points:**

\_\_\_\_\_ Points are awarded to all tribes for completing the challenge of collecting all 10 flags.

\_\_\_\_\_ Bonus Points are awarded to the first tribe to collect all the flags and return to the main area.

\_\_\_\_\_ Bonus points are awarded to the first tribe to put the letters in the correct order to spell IS PATH WARM.

### **How does this activity relate to suicide prevention?**

- Navigate through campground is symbolic of navigating services/where to get help.
- The flags are hidden just like people often try to hide their feelings and so the warning signs are not always obvious or visible unless you are looking.
- A red flag is symbolic of warning signs.
- Key message: know the warning signs; what you know could save a life.

## Sample Script:

What You Know Can Save a Life! In the fire making challenge, we identified several warning signs of suicide. Once you know someone is suicidal or at risk of suicide, it is important to where to get help and how to help the person at risk remain safe.

What are some resources in your community? People you can reach out to? We have prepared a list of resources for your community and the Western region (go through the resource).

This brings us to our next challenge: What You Know Can Save a Life! There are two parts to this challenge: the first is a scavenger hunt, whereby you will use a GPS to navigate throughout the campground to find ten flags/warning signs. This part of the challenge demonstrates that just like the flags are hidden, people often try to hide their feelings and so the warning signs are not always easy to see unless you are really looking. It also signifies our need to navigate through services to get help.

The second part of this challenge is to decode a message. Each flag has a letter on it for a warning sign of suicide. These letters will form a phrase. Once you have collected all eleven flags and returned to home you will need to solve the phrase. This part of the challenge represents the difficulty of seeing warning signs and that you may need to ASK – CARE – CONNECT with someone to know if they are at risk of suicide or not.

Each tribe that collects all 10 flags will earn \_\_\_\_ points! \_\_\_\_ bonus points are awarded to the first tribe to collect all their flags and return to the main area. Also, \_\_\_\_ bonus points are awarded to the first tribe to correctly form the phrase.

So that all tribes are not going to the same place at the same time, you will each be given different starting GPS coordinates. So do not worry if you are not going in the same direction as other tribes. Also, when you retrieve your flag, do not move other flags from the position or it will be an automatic disqualification.

Okay, your first clue is \_\_\_\_ feet in front of you! Is every tribe ready? On your mark, get set, GO!!!

Once tribes are back and starting to decode the message, the host can say what the letters are:

- A – Anger
- M – Mood
- T – Trapped
- I – Ideation
- H – Hopelessness/Helplessness
- S – Substance Abuse
- W – Withdrawal
- R – Recklessness
- P – Purposelessness
- A - Anxiety

## Master Sheet - GPS Coordinates

Use this sheet to keep record the GPS Coordinates as you hide the red flags.

I \_\_\_\_\_

S \_\_\_\_\_

P \_\_\_\_\_

A \_\_\_\_\_

T \_\_\_\_\_

H \_\_\_\_\_

W \_\_\_\_\_

A \_\_\_\_\_

R \_\_\_\_\_

M \_\_\_\_\_

## DECODE A MESSAGE SHEET

Arrange the letters collected on the red flags to form a statement that refers to the warning signs of suicide. The first tribe to accurately decode the message is awarded bonus points.

	_____	_____		
_____	_____	_____	_____	
_____	_____	_____	_____	



# BUILD – AIM – FIRE

Tribes build a catapult and then use it to throw a ping pong ball. The tribe that reaches the furthest distance wins.

## Materials:

- Review the two **Build Your Own Catapult** instructions. Choose one and supply materials.
- Tent Pegs / Pylons
- Ping pong balls

## How to Play:

- Once all tribes have a built catapult, have each tribe test their catapult to see how far they can throw a ping pong ball.
- Set up 3 target distances using tent pegs or pylons. Name each marker with prevention (furthest), intervention (middle) and postvention (closest).
- Instruct tribes that they are aiming for the furthest target (Prevention is Best!)



postvention



intervention



prevention

## How to Collect Points:

\_\_\_ Points are awarded to all tribes for successfully building a catapult.

\_\_\_ Bonus Points are awarded to the tribe that throws the ping pong ball the furthest (closest to prevention mark).

\_\_\_ Points are deducted for ping pong balls that land in the closest (postvention) zone.

## How does this activity relate to suicide prevention?

- We are aiming for prevention of suicide. Suicide prevention is best. Intervention is also a good place to land, it's a safe zone. Postvention means we missed the mark and we lost someone.

**Sample Script:**

Okay Survivors! The next challenge is Build - Set – Fire! It's a two-part challenge!

First, you will need to work as a team to build a catapult. You will have \_\_\_\_ minutes to complete the task. Each tribe that builds a catapult will be awarded \_\_\_\_ points.

The second part of the challenge is using your catapult to throw a ping pong ball at the target zones. The targets represent three levels of suicide: Prevention – the farthest zone. We must always aim for suicide prevention! The middle zone is the Intervention, it's a safe zone, whereby you have identified someone who is suicidal but you have been able to get them the appropriate help they need. The closest zone is Postvention – we never want to be in this zone as it means we have missed our opportunity to help someone and sadly, we have lost someone to suicide.

If you do not build a catapult in the amount of time allowed, you will use a fellow tribe's catapult to throw the ping pong at the target, but you will not receive the points.

Once you have built your catapult, you will have \_\_\_\_ minutes for all tribe members to practice throwing a ping pong ball at the target. At the end of the \_\_\_\_ minutes, you must choose one member from your tribe who will throw the ping pong one time. That will be your official throw. Each tribe that reaches the Prevention zone will be awarded \_\_\_\_ points. Any tribe that lands in the Postvention zone will be deducted \_\_\_\_ awards. If your ball lands in the Postvention zone, you will not receive any points nor will you be deducted any points.

This challenge is an opportunity for tribes that are behind in points to catch up, or it may be a challenge that harms your tribe if you cannot reach the Prevention zone!

Survivors, are you ready to begin? On your mark, get set.....GO!!!

## Build Your Own Catapult (Option 1)

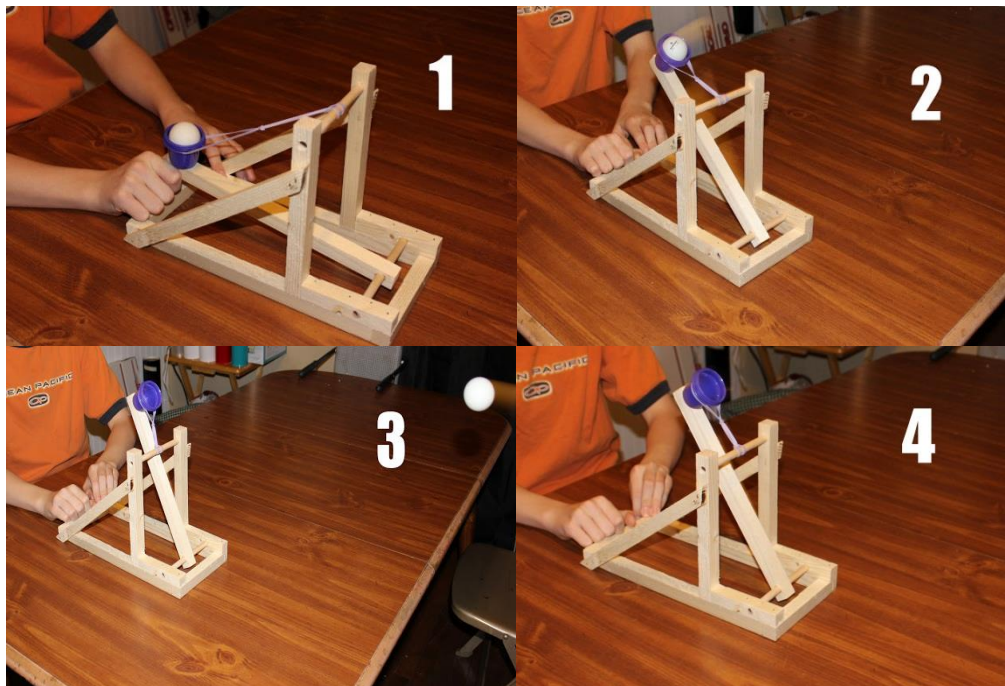
\*\*\*Recommend that you make one to determine time needed and the level of difficulty, etc.

### Materials:

- Wood
- Dowels
- Nails
- Cup
- Rubber Bands
- Hand saw
- Hammer
- Measuring Tape

### How to Play:

- Provide materials and tools and a picture of the catapult and instruct tribes to build a catapult like they see in the picture.
- Set a time limit to complete the task.



## Build Your Own Catapult (Option 2)

\*\*\*Recommend that you make one to determine time needed and the level of difficulty, etc.

### Materials:

- 18 popsicles stick
- One rubber band
- One stronger rubber band
- One plastic spoon
- Hot glue gun

### How to Play:

- Start by gluing four popsicle sticks in a square.



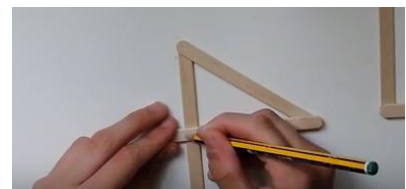
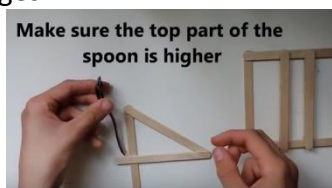
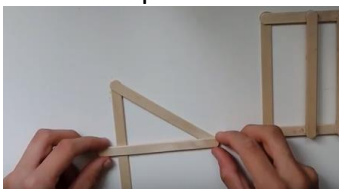
- Glue three popsicles together, stacked one on top of the other. Repeat this step and make a second stack of three.



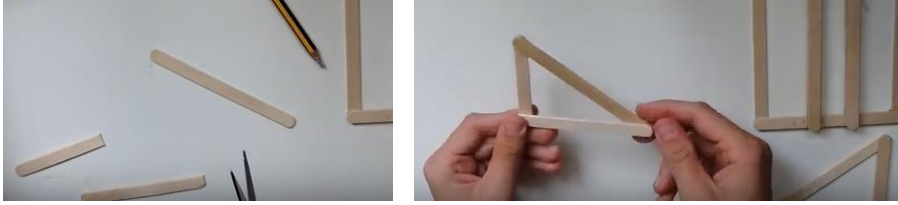
- Place the two stacks on the square. Glue the ends on to the square.



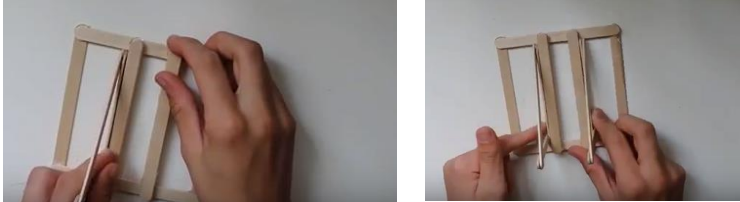
- Use three popsicle sticks to make a triangle (like a backwards 4). Be sure to leave enough room for the spoon. Mark the edges.



- Cut the Popsicle sticks on the lines and then glue the sticks together. Repeat this step, making a second triangle.



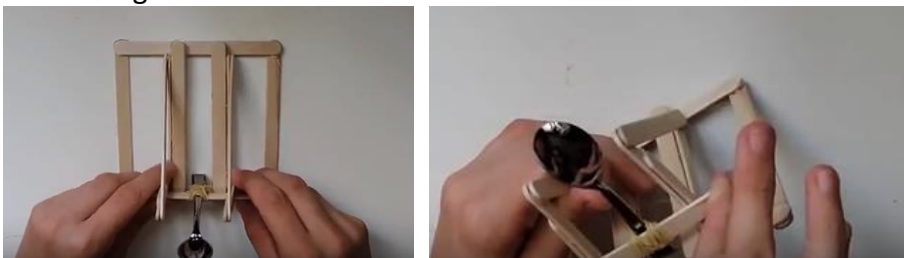
- Glue the two triangles onto the base. Each triangle should be on the outside of the



- Glue each long leftover piece of the popsicle to each side of the frame for reinforcement.



- Tie the plastic spoon on to the middle of a popsicle stick using the stronger rubber band. Attach it to the back of the triangles. Cut off the ends. Glue it on. Make sure the spoon is over the triangles.



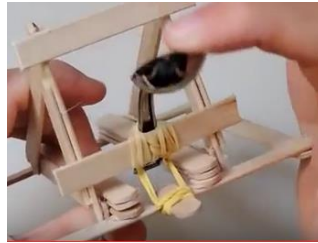
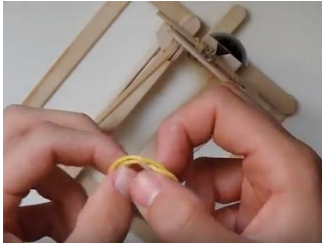
- Cut another popsicle stick to fit the top part of the triangle and glue it on.



- Glue a small left over piece on to the back, below the spoon.



- Using the other rubber band, connect the base of the spoon to the small piece of stick. Wrap the rubber band around the stick until it's tight.



You are not ready to use your catapult!

# BREAKING THE MYTHS

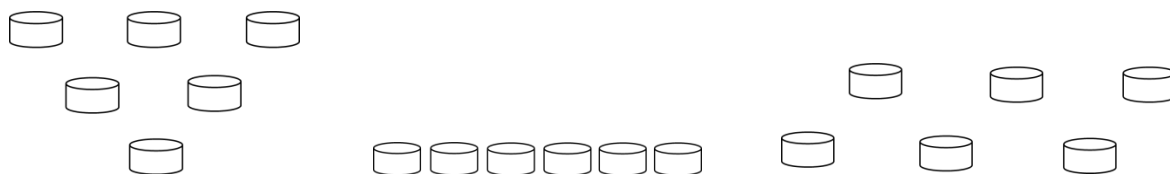
Tribes identify some of the myths of suicide.

## Materials:

- Sling Shot (1 per tribe) OR make your own (see **Make Your Own Sling Shot**)
- Red solo cups (6 per tribe)
- Washers (6 per tribe)
- Marbles/Rocks/pebbles of the same size – for throwing
- Stop watch/timer
- Myths of Suicide Labels (See Appendix D)
- Myths of Suicide Banner (Email: [mha@westernhealth.nl.ca](mailto:mha@westernhealth.nl.ca) to book or visit [www.westernhealth.nl.ca/mha](http://www.westernhealth.nl.ca/mha))
- Facts of Suicide Labels (See Appendix D)

## Set up:

- Print the “Myths of Suicide” labels for each team
- Attach the labels onto the cups (one label per cup)
- Set up the solo cups on the ground with the highest point value at the back or on the ends and the lowest point value at the front or on the inside (see examples below).
- Put a washer in each solo cup as a weight so that it does not blow over.
- Option: set up the cups at various intervals along a trail.
- Option: use additional cups and place the “Facts of Suicide” labels on them. If a member knocks down a fact, the tribe lose a point.



## How does this activity relate to suicide prevention?

- Busting the myths of suicide.
- Removing stigma, breaking down barrier to getting help.
- Changing attitudes and beliefs about suicide that might undermine the willingness and ability to help.

### **Sample Script:**

The taboo surrounding suicide and the stigma clinging to those who experience it has been with us a long time. Both can influence our feelings towards helping others at risk of suicide.

Common myths that people have about suicide are often a reflection of much older societal views. They support denial, secrecy and avoidance. Some are so deeply a part of our beliefs that we do not recognize that there is little evidence or logic to support them.

Today's challenge is about breaking those myths!

Each team will need to have 6 players participate.

- If you have less than 6 players on your team, you will need to choose a team member to play two turns. Example: there are four members on your team, choose two players who will have two turns.
- If you have more than 6 players, some will have to sit out of this challenge. You cannot sit out back-to-back challenges.

Each player will use the slingshot to knock over (“break”) ONE myth! You MUST break one myth before you can pass the slingshot onto the next player.

Each myth has a different value: the myths at the back/ends are worth 5 points and the myths in the front/middle are worth 2 points.

Your team will have 15 minutes to “break” all of the myths of suicide.

- The team with the most points after the time is up wins!
- The team who breaks all the myths before the time is up wins!

First thing's first! Let's review the myths and the point value for each.

**MYTH:** Never mention suicide to a depressed person. (5 Points)

**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. (5 Points)

**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. (2 Points)



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. (5 Points)

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. (2 Points)

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. (2 Points)

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

Great, now that we have gone through the myths, let's get ready to play! Tribes, form a line behind your starting position.

Tribes, are you ready? On your mark, get ready, set.....GO!!!

## Make Your Own Sling Shot

\*\*\*\*Option to use with the Breaking the Myths challenge or purchase your own sling shots. Recommend that you make one to determine time needed and the level of difficulty, etc.

**CAUTION: ADULT SUPERVISION IS REQUIRED**

### Materials:

- A Y-shaped tree branch with at least a 30 degree fork
- 1/4" latex surgical tubing (available at Home Depot)
- Leather / fabric strips
- Dental floss
- Saw
- Knife /Awl
- Hole puncher
- Microwave

### Step 1: Find Your Fork

- Find a Y-shaped tree branch. The optimal fork forms at least a 30 degree angle.

### Step 2: Dry Your Wood (if you had to cut a branch from a tree)

- Branches that have just been cut from a tree will have a lot of moisture in them which gives them a bit of flexibility. That's not good for a slingshot frame. We want something that won't bend while you're pulling back on the bands, so we will need to dry the wood.
- To keep your slingshot project under an hour, you will need to use a microwave.



- Place your fork on top of a rag. This will protect your microwave. Place the wrapped fork in the microwave.
- At high temperature, microwave the wood for **ONLY 30 seconds**. Then let it rest for 1 minute. DO NOT microwave the stick for more than 30 seconds as it WILL catch fire.

- Keep repeating the 30 second on high heat and 1 minute rest until your wood stops hissing (water in the wood). Approximately 36 times.

### Step 3: Carve Notches in Your Fork



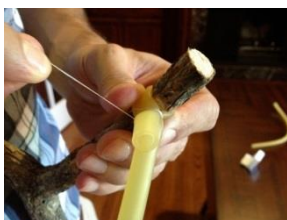
- With your wood dry, we can now carve the notches where our bands will go.
- Create one notch on each of your fork's "prongs" at roughly the same height.
- Make sure to leave a bit of wood above your notch or else your band will slip off your frame when you fire it.

### Step 4: Cut Your Tubing



- Estimate how long you want your tubing to be. Remember, the shorter it is, the more oomph you'll have in your shots. If the bands are too short, though, you won't be able to pull them back. Once you have your length, double the band and cut it in half into two equal length pieces like so.

### Step 5: Attach Tubing to Fork



- Wrap one end of the tubing around your notch so that it doubles back on itself like in the photo.

- Tie the end of the tube to the rest of the tube with some dental floss. Wrap the dental floss as tight as you can, tie it off, and cut off any long ends.
- Repeat on the other side.

### Step 6: Create Pouch



- Using a strip of leather or a small piece of fabric, cut a rectangle approximately four inches wide by two inches.
- Create a long octagon shape by cutting off the four corners.
- Hole-punch one hole at each end. Your tubing will attach here.

### Step 7: Attach Pouch to Tubing



- Slide tube ends through holes.
- Similar to how you attached the tube to the frame, fold the end of the tube back on itself and tie it off tightly with some dental floss.

# BE A LIFESAVER! CANOE RACE/RAFT RESCUE

Tribes race to save a friend.

## Materials:

- Canoes (Rafts)
- Buoy/Rainbow Flyer (1 per tribe, various colours)

## How to Play:

- Tribes select members to participate in the canoe race.
- Tribes paddle to be the fastest to reach the finish line and collect the buoy.
- The buoy represents a friend in need of rescue a friend.

## How to Collect Points:

\_\_\_\_ Points are awarded to the first tribe to reach the finish lines and collect the pool noodle to save their friend.

## How does this activity relate to suicide prevention?

- This is symbolic of how friends need to rescue or help each other in their time of need. Just as rescuing someone who is drowning is urgent so is rescuing someone who is at risk of suicide. They need immediate help!
- The importance of supporting one another, working together to save a life (i.e., family, friends, co-workers, clergy, professionals).
- Symbolic for overcoming obstacles (in the water) and the stigma associated with mental health and mental illness.
- Life jacket symbolic of supports for people in crisis
- Key message: Prevent Suicide...Be a Lifesaver!
- Sometimes people need support.

**Sample Script:**

Our next challenge is the Be a Lifesaver! Challenge!

There are times in our lives when we need to rescue or help out a friend in need. Just as rescuing someone who is drowning is urgent, so is rescuing someone who is at risk of suicide. They need immediate help! In most cases, helping someone involves many different people (friends, family, police, doctors, etc.). This is the same for someone who may be suicidal.

In the pond, there is a buoy representing a friend in need of rescuing. Two members from your tribe will paddle out to collect a buoy and then race back to the finish line. The current in the pond, the weight of the canoe, keeping balance on the water are all symbolic of overcoming obstacles and the stigma associated with mental health and mental illness. Unfortunately, sometimes we are afraid to help for fear of what people will think, or afraid to reach out and ask for help because of what others may think. But if we work together, and are persistent, we can save a friend. We can prevent suicide and be a Lifesaver!

Okay, tribes, choose two Castaways from your tribe to complete the challenge. Once chosen, please put on a life jacket and wait by the canoe. \_\_\_\_\_ will check to ensure that your life jacket is on correctly before you go out on the water.

Okay Survivors! Ready, set.....GO!!!!

# TUG OF WAR

The objective of the game is for each team to pull the rope along with the members of opposition team to their side.

## Materials:

- Rope (put red mark in the middle of the rope)

## Set Up:

- A white mark is made exactly 13 feet from the red mark on either sides of the rope. The game is won when either side with this white mark crosses the center point.
- Each team can accommodate a maximum of 8 members.
- A line referred to as a center line is marked on the playing zone and the rope is placed so the red center mark on the rope aligns with the center mark on the ground.
- On both sides of the rope at the distance of 4 m from the center line, 2 more marks need to be made on the ground. This is the point where in the first member of each team will stand.
- The tug of war competition requires a judge. There are 3 different commands that the judge gives to the players. The judge first announces “Pick up the rope”, he then says “Take the string”, and finally he tells the players to “Pull”.
- Once the pull command is said out the teams start pulling the rope. If a member of the team falls down that member is given a caution. Each team is allowed two cautions before getting disqualified.

## How to Play:

- The center of the rope should align with the center marked on the ground.
- As soon as the referee blows the whistle, each team can start pulling the rope into their territory.
- As soon as the second mark on the rope from the center red mark crosses over the center line, the team to pull the rope to their area wins the game.

## How to Collect Points:

\_\_\_\_\_ Points are awarded to the first team to pull the white mark on the rope across the center point.

## How does this activity relate to suicide prevention?

- Tug of war is symbolic of the balance between prevention and intervention.
- Tug of war is symbolic of the struggles faced by people with mental health problems. It is a test of strength and endurance.

- The rope is symbolic of supporting someone with a mental health problem. Trying to persuade them to get help.
- Resolve conflict/struggle/battle
- Maintain balance
- Winning side - What we want to achieve can be managed with help
- Rely on others for support. You can't do this alone.

**Sample Script:**

Welcome back everyone!! Our next challenge is the Tug of War! This challenge is very suitable for suicide prevention as it demonstrates the back and forth struggle a person with a mental health problem experiences. Some days are good and other days are bad. Like the tug of war, dealing with a mental health problem is a test of strength and endurance, the struggle of holding on versus letting go.

Also from a family or friend's point of view, the rope is symbolic of supporting someone with a mental health problem and trying to persuade the person to seek help. It is a challenge to find a balance between prevention (preventing people from having thoughts of suicide) to postvention (when the person actually attempts or dies by suicide).

In all cases, a person with a mental health problem cannot fix the problem alone. It requires a team effort – a team made up of family, friends, doctors, counsellors, psychiatrists and psychologists – to maintain good mental health and start on the road to recovery.

\_\_\_\_\_ will be the judge for this event. Each tribe will line up on opposite sides of the rope center, standing behind the yellow marker. You are not allowed to touch the rope until the judge says "Pick up the rope". The judge will then say "Take the string" which means \_\_\_\_\_. Do not start pulling until the judge blows the whistle. If a tribe member falls down, that member is given a caution. Each tribe is allowed two cautions before being disqualified. Once a tribe's white marker crosses over the center, the judge will blow the whistle again to signal the challenge is complete.

\_\_\_\_\_ points will be awarded to the winning tribe!



# **DISTRESS SIGNAL/SOS**

Tribes must make a distress signal using any materials from the campsite. An airplane pilot will judge the signals. The tribe the pilot deemed with the most noticeable signal wins.

## **Materials:**

- Sticks
- Rocks
- Things that are found in the park

## **How to Play:**

- Tell tribes that they need to make a distress signal that would be visible by an airplane pilot flying above.
- Tribes are to use materials found around the campground to build the distress signal.
- Tribes are given 10 minutes to complete the task.
- A person acting as an airplane pilot (select a spectator) will judge the distress signals and decide the most noticeable signal.

## **How to Collect Points:**

\_\_\_\_ Points are awarded to the tribe with the most noticeable signal.

## **How does this activity relate to suicide prevention?**

- The concept of a distress signal (a signal from someone in danger) is symbolic of the warning signs of suicide which are also signals that a person is in danger.
- Key Messages: Know the Warning Signs, What you know could save a life

**Sample Script:**

Welcome back Tribes! The next challenge is the SOS!

In this challenge, each tribe will need to make a SOS or distress signal that would be visible by an airplane flying above using any materials you can find around the campsite.

In a previous challenge we learned of various warning signs that a person may exhibit when they are having thoughts of suicide. Can anyone tell me what some of the warning signs are? (Example: change in behavior, loss of appetite, trouble sleeping, saying things like “the world is better off without me”).

This challenge demonstrates the importance to be able to spot the SOS or warning signs from a person who is having thoughts of suicide.

You will have ten minutes to complete the task. We will ask the audience to be our judge to determine which tribe will win the challenge and be awarded \_\_\_\_\_ points!

Ready Survivor Gros Morne? On your mark, get set.....GO!!!

# RESCUE MISSION

A number of tribe members need to be rescued from out into the wilderness.

## Materials:

- Tarp
- 2 Poles

## How to Play:

- Each tribe is to construct a stretcher (or similar piece of equipment) using designated supplies.
- Using the stretcher, two members of each tribe rescue one tribe mate at a time and carry them back to the designated area until all the tribe members are rescued.
- Tribes race to find their tribe mate(s) and carry them back on the stretcher.
- The first tribe to "rescue" all of their tribe mates wins the challenge.

## How to Collect Points:

\_\_\_\_ Points are awarded to first tribe to "rescue" all of their tribe mates.

## How does this activity relate to suicide prevention?

- Sometimes people need support. Link to available supports for people in crisis
- Key message: Prevent Suicide...Be a Lifesaver!
- This is symbolic of how friends need to rescue or help each other in their time of need. Just as rescuing someone who is drowning is urgent so is rescuing someone who is at risk of suicide. They need immediate help!
- The importance of supporting one another, working together to save a life (i.e., family, friends, co-workers, clergy, professionals).

### **Sample Script:**

Okay Survivors, the next challenge is the Rescue Mission! For this challenge, I want you to think about what you would do if you were hiking through Gros Morne and one of your tribe mates fell and broke their leg and could not walk back to your campsite. What would you do to ensure that s/he returned safely? (Example: go get help, assist the person with walking, find something that could be used for crutches, build a splint, keep the person comfortable and safe until help arrived, etc.)

When we know a friend or family member has been physically injured (broken leg, broken arm) or has an illness like cancer, diabetes, or heart disease, we usually do whatever we can to be a good friend and help that person out. We show that we care by helping and providing support.

The same needs to happen for someone who has a mental health problem or a mental illness, or someone that may be suicidal. But because we cannot see a mental health problem the same way we can see a broken arm, we do not always offer our help when a person needs it the most. We need to be the link for that person, to help them get the professional support that they need.

So when a person breaks their leg, we call for help, we stay with the person until a doctor, paramedic, police arrive. If we know that someone is having thoughts of suicide, we also need to call for help and stay with the person until their parent, a teacher, police, guardian arrives to help.

For this challenge, you will need to divide your tribe into two groups: the first group will need to be rescued; the second group will be the rescuers. When I say go, the members that need to be rescued will run to the other end of the field. The rescuers will stay behind and construct a stretcher out the tarp, rope and poles.

Then two rescuers will take turns using the stretcher to carry back one tribe member from the opposite end of the field. The first tribe to “rescue” all of their members wins the challenge and will be awarded \_\_\_\_ points.

Okay, choose who is going to be the rescuers and who is going to be rescued. Survivors, are we ready to begin? On your mark, get set....GO!!!

# WELL STACKED – THE WHOLE PICTURE

The castaways have to cross an obstacle course, gather building blocks and stack them into a tower. The first tribe to finish stacking their tower wins.

## Materials:

- 15 Red Solo Cups per tribe
- The Whole Picture labels (5 labels per tribe) see attached
- 1 solution sheet
- 1 Rope per tribe
- 1 Bag per tribe

## Set Up:

- Print the Whole Picture labels (1 per tribe)
- Place the labels on 5 of the 15 cups in the bag.
- Put the cups in the bag and tie it up with a series of knots.
- Hang one bag of cups per tribe from a tree, playground equipment, etc.
- Set up a flat surface for each tribe to complete the iceberg activity. Ensure tribes are not facing each other.

## How to Play:

- Divide each tribe into two groups. The first group will run to a bag that is tied up and work together to untie the knots to free the cups inside the bag.
- Once the cups are free the group will run back to their tribe and the other tribe members will begin to form an iceberg (pyramid).
- Each layer of the iceberg will have 1 cup with a message on it. Tribes must organize the messages from the largest part of the iceberg which is the unseen magnitude of suicide to the smallest tip of the iceberg which represents what is seen.

## How to Collect Points:

\_\_\_\_ Points are awarded to the winning team.

**Sample Script:**

Welcome back tribes, our next challenge is called Well Stacked – The Whole Picture. You will need to divide your group into two teams. The first group will run to a bag that is tied up and work together to untie the knots to free the cups inside the bag. Do not rip the bag open or your tribe will be disqualified.

Once the cups are free the group will run back to their tribe and the other tribe members will begin to form an iceberg (pyramid). Each layer of the iceberg will have 1 cup with a message on it. Your challenge is to organize the messages from the largest part of the iceberg which is the unseen magnitude of suicide to the smallest tip of the iceberg which represents what is seen.

The first tribe to complete the iceberg in the proper order wins! When you think you have the iceberg complete in the correct order, put your hand up.

This challenge illustrates that the “what we see and hear about suicide” is just the tip of the iceberg. We know that an iceberg has only 10 percent of its total mass above the water while 90 percent of it is underwater. If we apply the iceberg model to suicide, we could say that at the tip, above the water, are events, or things that know are happening. Below the surface of the water is what we do not see, the bigger part of the iceberg. There is a large impact from one suicide. There are also the many unreported suicides or suicide attempts that we do not know of but cause a devastating impact to families and communities as well.

Survivors ready? On your mark, get set.....GO!!!

## The Whole Picture Solution



The tip represents only 10 percent of the iceberg. The other 90 percent is below the water.

# STANDING TALL

Tribes compete to build the tallest free standing tower.

## Materials:

- 2-3 five gallon buckets
- Zip ties
- Duck tape (not a full roll)
- Twine or rope
- 1x4 or 1x6 piece of rough lumber
- Bungee cords
- Nails
- Hammer
- Hand saw

## How to Play:

- Each tribe is given a package with the exact same supplies.
- Tribes are instructed to open their packages and look at the supplies provided and come up with a tower design. Be strategic!
- Tribes are instructed to build the tallest free-standing tower possible using only the supplies provided.
- Tribes are given 20 minutes to build their tower and the tower must remain standing after the whistle blows.

## How to Collect Points:

\_\_\_\_\_ Points are awarded to the tribe that builds the tallest free-standing tower.

## How does this activity relate to suicide prevention?

- The importance of effective communication
- Quick thinking and puzzle solving
- Symbolic of how friends, families and professionals need to work together to help someone who may be suicidal; to let individual know that they are not alone and that others are available and willing to help them.
- Discuss the importance of good support in our lives and how it is symbolic of the support that is necessary to build a strong, tall tower.



**Sample Script:**

Welcome back Survivors! The next challenge is called Standing Tall. Each tribe will be given a package that contains various materials. You will use the material to build a free-standing tower. A tower is symbolic of the importance of strong foundation and supports that are needed for each of us to achieve our goals. It is even more important when we know someone who may have mental health issues and may be having thoughts of suicide.

Be strategic with your tower design! This challenge will require you to work together and communicate effectively as a tribe, just like family members, friends and professionals must work together to help someone who may be suicidal.

You have 20 minutes to build your tower. I will blow a whistle when time is up. Your tower must be able to stand on its own after I blow the whistle. The tribe that builds the tallest free-standing tower wins and will be awarded \_\_\_\_ points!

Okay Survivors! On your mark, get set....GO!!!

# **SURVIVOR SCRAMBLE & PUZZLE DIG**

Survivors must race to the beach and search for six different bags in the sand. In each bag there are several pebbles with letters on them that form words related to suicide prevention. Once they have collected all six bags they can return to their station and begin solving each word. Within each word there is a letter that will be used for the final scramble. First tribe to solve the final clue wins.

## **Materials:**

- 6 small bags (per tribe)
- 31 small pebbles (per tribe)
- Labels for bags
- Word Scramble Sheet
- Permanent Marker
- Word Scramble Solution sheet
- Pencils

## **Set Up:**

- Print all documents: Labels for bags (1 per tribe), Word Scramble Sheet (1 per tribe), Master sheet (1 copy for the host)
- Place the labels on the bags.
- Use the permanent marker to write the individual letters on the pebbles.
- Place the pebbles in appropriate bag.
- Organizers will hide each tribe's 7 bags randomly throughout the beach area.

## **How to Collect Points:**

\_\_\_\_\_ Points are awarded

## **How does this activity relate to suicide prevention?**

- Take the info from puzzle dig
- The importance of effective communication
- Quick thinking and puzzle solving
- Symbolic of how friends, families and professionals need to work together to help someone who may be suicidal; to let individual know that they are not alone and that others are available and willing to help them.

**Sample Script:**

Hi Survivors, the next challenge is the Survivor Scramble.

Each tribe must race to the beach and search for six different bags in the sand. The bags are labeled 1 through 6. It is important that you communicate with your fellow tribe members when you find a bag, which number it is because you can only have one #1, one #2 and so on. So, if you find a second #1 bag, you need to leave it where it is and cover it with sand again. Once you have all 6 bags collected, all tribe members must return to the station.

In each bag there are pebbles with one letter on each pebble. The letters form words related to suicide prevention. Each tribe has a Word Scramble Sheet that you will use to form the six words. There are highlighted spaces within each word on the Scramble Sheet. These highlighted letters will be used to solve the Final Word Scramble so it is very important that you keep the pebbles with the correct bag and that you solve the word correctly.

The first tribe to solve the final word scramble will be awarded \_\_\_\_ points!

This challenge demonstrates the importance of effective communication. It is symbolic of how friends, families and professionals need to work together to help someone who may be suicidal; to let individuals know that they are not alone and that others are available and willing to help them. Remember, ASK – CARE – CONNECT!

Okay Survivors, are you ready to begin? On your mark, get set....GO!!!

Word Scramble Sheet

Bag 1 - \_\_\_\_\_      \_\_\_\_\_

Bag 2 - \_\_\_\_\_      \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_     

Bag 3 - \_\_\_\_\_      \_\_\_\_\_     

Bag 4 - \_\_\_\_\_ \_\_\_\_\_           \_\_\_\_\_

Bag 5 - \_\_\_\_\_ \_\_\_\_\_      \_\_\_\_\_

Bag 6 - \_\_\_\_\_ \_\_\_\_\_      \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_     

**Highlighted letters from the scramble:**

Final Word Scramble:

\_\_\_\_\_

(10 letters)

## Word Scramble Solutions

Bag 1 – SAVE

Bag 2 – CONNECT

Bag 3 – HELP

Bag 4 – ALONE

Bag 5 – CARE

Bag 6 – SUICIDE

Final Word Scramble: PREVENTION

# KITE MAKING

Tribes will build and fly a kite.

## Materials:

- Dowels (cut 1 piece 36" and 1 piece 33")
- String
- Large, heavy-duty garbage bags
- Scissors
- Ribbon
- Small knife for notching wood
- Tape
- Kite Making Instruction Sheet

## How to Play:

- Tribes are instructed to use the materials provided to make a kite.

## How to Collect Points:

\_\_\_ Points are awarded to all tribes that successfully complete the kite making challenge.

\_\_\_ Points are awarded to the tribe with the highest flying kite.

\_\_\_ Points are awarded to the tribe that can keep the kite flying longest.

## How does this activity relate to suicide prevention?

- The meaning of the kite is symbolic of suicide. The kite represents the person we have lost. The string represents the connection we will have with them forever.

## Sample Script:

Survivors, the next challenge is Kite Making. The Canadian Association for Suicide Prevention has chosen for the kite for World Suicide Prevention Day. The kite represents the person we have lost and the string is the connection that we will have with them forever.

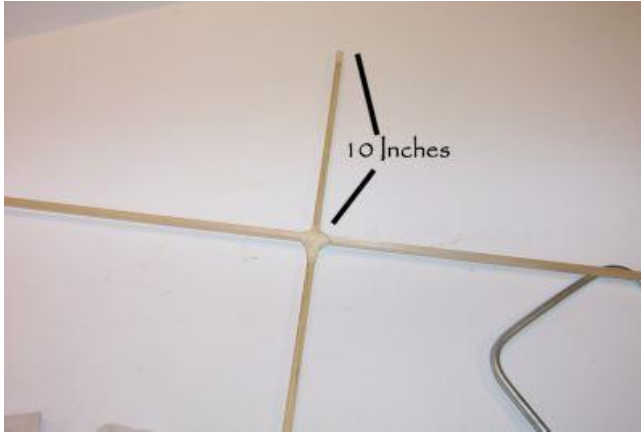
Each tribe will be given a package that contains various materials and instructions on how to build a kite. You will have \_\_\_ minutes to build your kite. Each tribe that successfully builds their kite will be awarded \_\_\_ points. \_\_\_ Bonus points will be awarded to each tribe who actually flies their kite! \_\_\_ Bonus points will be awarded to the tribe that flies their kite the longest and \_\_\_ points for the highest! Okay Survivors! On your mark, get set....GO!!!

## Kite Making Instruction Sheet

### Cut notches in the dowels

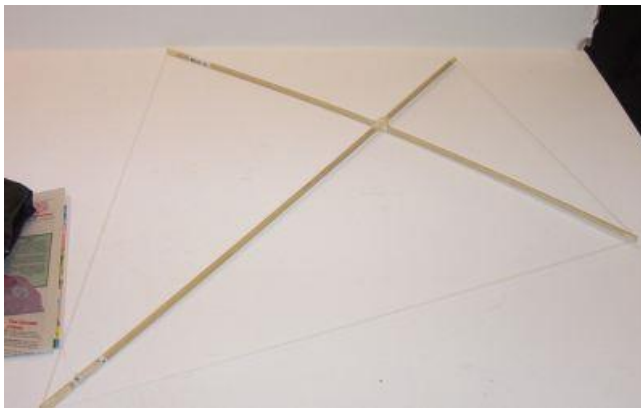
Use a small knife to cut a notch in the ends of the dowels. This notch is for your string to pass through.

### Tie the frame



Lay the 36 inch piece vertical so it is up and down and measure ten inches from the top. At this ten inch point put your 33 inch piece of wood. Use string to tie them together tight and then wrap over the string with some tape so it is nice and strong. Watch the orientation of the notches on the ends of the wood.

### Making the frame



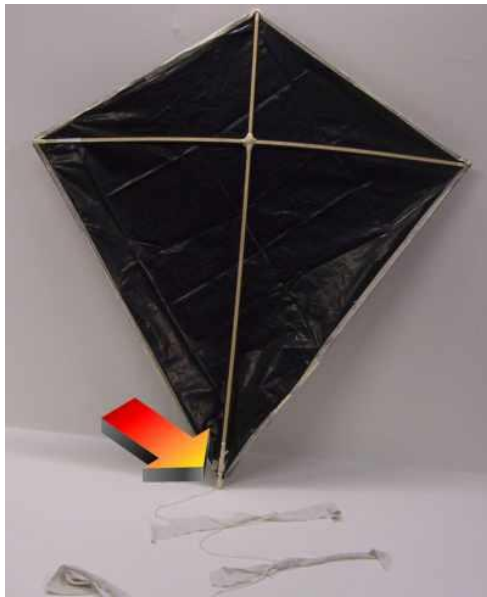
Now wrap a single layer of string all the way around the kite. It should go right into the notches. Start and end at the bottom of the kite. After you have wrapped it and tied it add pieces of tape over the notches so the string doesn't pop out with the force of the wind. Pull the string reasonably tight before tying it. The cross bar should be a little bowed.

### Wrap the Plastic

Now lay your frame right on the plastic and cut the plastic to about the same shape and size as the frame. Using long pieces of masking tape fold the plastic over the string and tape it down. Make the plastic reasonably tight.



### Attach the tail



Cut yourself a piece of string about six feet in length and tie one end of it to the bottom of your kite. At intervals about a foot apart tie strips of cloth to the string.

When you go flying your kite bring yourself some extra string and some extra strips of cloth or ribbon so you can add more cloth as needed to keep the kite flying nice and straight.

### Tie your Kite String

Now tie your kite string right here at the point where the two pieces of wood meet and you are ready to go! Have fun with your home made kite.





# GUIDE AND SUPPORT

## Materials:

- Blindfolds
- Coloured Bags
- Laminated suicide prevention message puzzle pieces – See Appendix F)

## How to Play:

- Scatter the bags across the playing field, marked in each tribe's colours. Each bag contains a puzzle piece.
- Half the team is blind folded and the other half is giving instructions on where to find the bags (e.g., take 2 steps, turn left, turn right, etc).
- Bags in the tribes colours are collected until all 5 bags are brought back.
- Once all bags are collected they may open them and solve the puzzle.
- The first team to solve the puzzle will win.

## How to Collect Points:

\_\_\_\_\_ Points are awarded to the first team to solve the puzzle.

## How does this activity relate to suicide prevention?

- When you were blindfolded, you needed support to find your way and collect the right bags. This is symbolic of the support we need from each other for other problems in our lives.
- The experience of giving directions and providing support.

**Sample Script:**

Okay Survivors, the next challenge is Guide and Support!

Scattered throughout the playing field are bags containing puzzle pieces. There are five bags per tribe. Half of your tribe will be blindfolded and the other half will be giving instructions on where to find the bags. For example, take two forward, turn left, take three steps, etc. Once all the bags are collected and returned to your station, you may open the bags and begin to put your puzzle together. The first tribe to solve the puzzle wins. Today's survivor challenge is worth \_\_\_\_\_ points!

This challenge relates to suicide in two ways: the person blindfolded represents the person who is having thoughts of suicide and is not able to "see". Not able to see a way to stop the pain besides ending life, not able to see the reasons for living, not able to see the negative impact to their family and friends if they decide to die by suicide.

The person giving the instructions represents the helper (family member, friend, teacher, etc), the person trying to help someone who is at risk of suicide. It is important to give clear directions and support; you may need to repeat yourself several times. Be sure to remain calm, be patient non-judgmental. We may not understand what the person is going through and we may think s/he does not have any problems worth dying over nonetheless we must never argue with the person or point blame. It is our role to help them to reach out, talk, and seek appropriate professional help.

Choose who will be blindfolded and get ready to begin.

# SHARE THE LOAD

## Materials:

- Stick or Broom handle (1 per tribe)
- 5-Gallon Buckets (1 per tribe)
- Pylons/Tent pegs
- Measuring tape

## How to Play:

- Instruct the Tribe to divide into pairs of two.
- Separate each pair by approximately 30 feet (or whatever you determine suitable based on the participants) starting at the edge of the pond (point A), moving towards the playground (point E – Finish)
- At Point A, the first pair will fill the bucket with water from the pond, place the broom handle through the handle of the bucket and lift together. They will carry the bucket of water to the next pair at Point B, carefully trying not to waste any water. The next pair will take the stick and carry the bucket to the Point C.
- This will continue until the whole Tribe is at Point E.
- The Host will measure the amount of water in each bucket. The Tribe with the most water wins!

## How to Collect Points:

\_\_\_\_ Points are awarded

## How does this activity relate to suicide prevention?

- Weight symbolic of the pressures felt and sharing the load among team members helps to take the pressure off.

**Sample Script:**

Okay tribes! Our next challenge is the Share the Load!

The goal of this challenge is to carry a bucket filled with water using a broomstick, from the starting point, the pond, to the finish point, the playground, without spilling much water. The tribe that has the most water in their bucket at the finish line wins the challenge!

You will need to divide your tribe into pairs of two. Each pair will stand at a different point (pylon) along the course. The pair closest to the pond, Point A, will fill the bucket with as much water as you can. Then you will place the broomstick under the handle, so that each person is holding one end of the broomstick. Once you feel you are ready, you will carry the bucket to the next pair at Point B, carefully trying not to waste any water. The next pair will take the stick and carry the bucket to Point C. This will continue until the last pair carries the bucket to the finish point in the playground.

I will measure the water level of each bucket to decide the winning tribe! The point value for this challenge is \_\_\_\_.

This challenge demonstrates the pressure of the weight felt by a person who is having thoughts of suicide and the importance of seeking help so that they are not alone. It is also symbolic of the fact that helping someone who may be suicidal is not a one-person task! It requires the help of several people including health professionals, family members, clergy, and guidance counselor.

Okay Survivors, are we ready? Please break up into pairs of two and move to a pylon.

On your mark, get set....GO!!!

# **SURVIVOR RESCUE CHALLENGE**

## **Materials:**

- Life preserver or buoy/rainbow flyer
- Rope

## **How to Play:**

- Wrap the rope around the preserver or buoy with several difficult knots tied in various intervals. Basically, ensure that the rope is completely tangled!
- Divide the group into two teams if you have two preservers. If not, you can do the activity as one group or time each team.
- Have the team line up, spaced 4-6 feet apart (minimum) from each other.
- The first person in the line unties the knots and unravels the buoy so that there is enough length to pass the buoy to the next person.
- Repeat until the buoy or preserver reaches the end of the line and is completely untangled.
- Players must stand within a fixed area until the game is over.
- First team to complete or team with the fastest time wins.

## **How to Collect Points:**

       **Points are awarded to the tribe that** completes the challenge first or the tribe with the fastest time.

## **How does this activity relate to suicide prevention?**

- The importance of supporting one another, working together to save a life (i.e., family, friends, co-workers, clergy, professionals).
- Symbolic for overcoming (untying) the obstacles and the stigma associated with mental health and mental illness.

**Sample Script:**

Okay Survivors, the next challenge demonstrates that it is vital to support one another and to work together to save a life (i.e., friends, co-workers, clergy, etc.). It is the Survivor Rescue Challenge!

In front of you is a buoy that has been tied up with a series of knots. Each of you will stand at a different pylon. When I say start, the person at the front will untie one knot. Once completed, they will toss the buoy to the person at the second pylon, who will untie the second knot, and so on and so on until the buoy is completely untangled by the person at the last pylon. When the buoy is free of the rope, the final person, holding onto the end of the rope, will toss the buoy back up through the tribe until the buoy is back at the front and each member is holding onto the rope.

The first tribe to get their buoy back up to the front with every member connected by the rope wins the challenge and earns \_\_\_\_ points!

Survivors, take your places! On my mark, get ready, set.....GO!!!

# LIFELINE

## Materials:

- 100 ft rope
- Small rope for each tribe member
- Blindfolds
- Stop watch

## Set Up:

- Use the 100ft rope to weave around obstacles at your site to create a course for the team to follow (e.g., trees, playground equipment, etc.)
- Each tribe will complete the course separately and will be timed using a stop watch. The tribe that completes the course in the fastest time will win.

## How to Play:

- Have tribe members line up next to the start of the large rope and use the small ropes to link each of the tribe members to the large rope.
- Blind fold tribe members in the center of the line so that they are dependent on the members in the front and back of the line for directions to get through the course.
- Tribe members must stick together to complete the course. They must go the length of the course while attached to the lifeline. It will mean needing to navigate around, over or under obstacles. Tribe members will need to help each other as some members will be blindfolded.

## How to Collect Points:

\_\_\_\_\_ Points are awarded to the tribe with the fastest time.

## How does this activity relate to suicide prevention?

- The importance of supporting one another, working together to save a life (i.e., family, friends, co-workers, clergy, professionals).
- Symbolic for overcoming the obstacles and the stigma associated with mental health and mental illness.
- The experience of staying connected, giving directions and providing support.

**Sample Script:**

Okay Survivors, our next challenge is called Lifeline!

There is a large rope that is weaved around various obstacles throughout the playground area. One tribe at a time will complete this obstacle course. Each of you will be hooked onto the rope in a single file and will have to make your way through the obstacle course. Buuuuut, there's a catch! Two (or three) tribe members that are in the middle of the line will be blindfolded! So you will need to help each other get through the obstacles. Tribes **MUST** stick together throughout the course. The tribe that completes the course with the fastest time wins \_\_\_ points!

This challenge demonstrates the importance of supporting one another, working together to save a life (i.e., family, friends, co-workers, clergy, professionals). It is symbolic for the challenges that we may face and the need to overcome various obstacles, including the stigma associated with mental health and mental illness. However, this cannot be done alone. It requires us to stay **CONNECTed**, **ASKing** and giving directions, as well as providing **CARE** and support.

First tribe! Get ready, set.....GO!!!



# UNLOCK THE TRUTH

## Materials:

- Bristle board (1 per tribe)
- Brown envelopes (6 per tribe)
- Combination lock per tribe
- Tape or stapler
- Shoe box (1 per tribe)
- Rope
- Flags (or an object to put in each box)

## Set Up:

- Set up four stations throughout the playing field (1 per tribe), spaced far enough apart so that tribes are not able to see each station. Also, face them the opposite direction of where the tribes will be standing during the challenge so they cannot see them.
- Choose three of the True/False statements; write them on the bristle board (see example below). The statements must be the same for all tribes, but you need to mix the order that they are written.
- Write “TRUE” and “FALSE” on the brown envelopes. One set per question.
- Place one of the numbers from the combination in each of the correct answer envelopes. Place a “fake number” in each of the wrong answer envelopes.
- Tape or staple the TRUE/FALSE envelopes onto the bristle board.
- Place a flag or object in each box.
- Tie the rope around the opening of the box.
- Put the combination lock through the knot.

Tribe 1		Tribe 2	
Men die by suicide more than women	TRUE	FALSE	
Men attempt to die by suicide more than women	TRUE	FALSE	
Middle aged men have the highest rates of suicide	TRUE	FALSE	
Tribe 3		Tribe 4	
Middle aged men have the highest rates of suicide	TRUE	FALSE	
Men die by suicide more than women	TRUE	FALSE	
Men attempt to die by suicide more than women	TRUE	FALSE	

**Sample Script:**

The final challenge in Survivor is Unlock the Truth! In this challenge we will review some data regarding suicide amongst men, women and youth.

At the end of the playground there are four separate stations, one per tribe. At the station, there are three TRUE/FALSE questions about suicide. When I say go, one member from your tribe will run to your station and answer the first TRUE/FALSE question by taking EITHER the true envelope OR the false envelop. Then, they will run back to your tribe and a second member will run to the same station to answer the second question, taking a second envelope...either true or false. When they return to the tribe, a third member will run to the same station to answer the final question, collecting your third envelope.

Once all envelopes are collected, you will open each of them to reveal three numbers. These numbers are the combination to the lock. One person will then run back to your station and try to open the lock on the box. Once unlocked, you will untie the rope and open your box to retrieve your flag/object.

But you will need to be careful! If you answer a question incorrectly, you will not have the correct numbers for the combination!

The first tribe to retrieve their flag/object wins!

# TRIBAL COUNCIL

Tribal council at the end of event to talk to the tribes about the challenges they faced and link the challenges to the messages of suicide prevention. We will not be voting off tribe members during tribal council but we will use this as an opportunity to do evaluation using the same anonymous voting process as tribal council on Survivor.

## Materials:

- Pen/Marker
- Tribal Council Evaluation Form (See Appendix B)
- Evaluation Box
- Tiki torches (optional)

## Instructions:

- Tribes sit across the Fire Pit from the host and light their torch from the fire.
- The host talks to the tribes about the challenges they faced and links the challenges to the messages of suicide prevention. The host shares why they think this event targeted men and boys and if they understand the connection between Survivor and Suicide Prevention. The host shares facts about men and suicide and why this event targeted men and boys.
- After the discussion, each tribe member individually goes up to cast their vote (aka complete the evaluation questions) privately and puts the completed form in the \_\_\_\_\_ (evaluation box).
- Flame is put out after the vote is cast.

## Key Discussion Points:

1. The language of Suicide
2. High Risk Groups (Men, Youth):  
Men and Suicide
  - Men die by suicide more than any other group
  - Middle aged men have the highest rates of suicide
  - Men die by suicide 3 times more often than women
  - Women Make 3 to 4 times more suicide attempts than men and are hospitalized for attempted suicide at a rate 1.5% higher than men.
  - Why are we losing so many men to suicide? Men are expected to be tough, financially stable, and stoic. Therefore, men are less likely to seek help before reaching suicidal crisis.
  - Men can be at risk of suicide if they abuse drugs or alcohol, are socially isolated, have a trauma experience or have a mental illness.
  - Suicide warning signs significant change in behavior, depressive symptoms: anger hostility, irritability, and increased risk taking

- Mentally healthy men are close with family and friends, have stable home lives, are fulfilled at work and deal with stress in positive ways
- Men's suicide rate can be lowered. Don't be afraid to seek help and offer help.
- If you think someone you know is thinking of suicide, ask them directly and connect them to the mental health crisis line

#### Youth and Suicide

- Suicide is the *second leading cause of death* for Canadians between the ages of 10-24.
  - In Canada, suicide accounts for 24% of all deaths among 15-24 year olds, 16% among 16-44 year olds
  - Teens are admitted to hospital for suicide attempts more than any other age group.
  - LGBTQ (lesbian, gay, bisexual, trans, queer and questioning) youth are approximately times more likely to attempt suicide than their peers
  - The average rate of suicide among youth who are Aboriginal is estimated to be 5 to 6 times higher than among non-Aboriginal youth
3. Link the challenges to suicide prevention messages – warning signs, where to get help, myths of suicide.
  4. Who is at risk? People who:
    - Have had previous suicidal behaviour.
    - Have experienced trauma.
    - Have a serious physical or mental illness
    - Abuse alcohol or drugs.
    - Are experiencing major loss.
    - Are experiencing major life changes.
    - Are socially isolated.

#### Evaluation Questions:

1. Do you feel more informed about suicide after participating in this event?
  - Yes
  - No
2. Would you know where to go to get help if you or someone you knew was suicidal?
  - Yes
  - No
3. What did you like most about this event?
4. What did you like least about this event?
5. What would you change?

# SUICIDE PREVENTION & AWARENESS

## KEY MESSAGES

- What you know could save a life
- Know the warning signs
- Education is key to preventing suicide
- Awareness + education = prevention
- No more secrets, no more shame, no more suicides
- Suicide is preventable
- Remove the stigma
- The meaning of the kite. The kite represents the person we have lost. The string represents the connection we will have with them forever
- Prevent Suicide...Be a Lifesaver
- HOPE Strategies

### 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.

### Myths of Suicide:

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.

#### **Warning Signs of Suicide:**

I ideation (suicidal thoughts)

S substance abuse

P Purposelessness

A Anxiety

T Trapped

H Hopelessness/Helplessness

W Withdrawal

A Anger

R Recklessness

M Mood Changes

#### **The Meaning of Kites**

The Canadian Association for Suicide Prevention has chosen kites as a symbol for World Suicide Prevention Day. ***The kite represents the person we have lost & the string the connection we will have with them forever.***

As we watch the kite flying high above us we remember those we have lost but who are always with us. We do not wish to let go of the memory of that person & hold on to the string & our connection with them.

We do hope for the day we can let go of our pain, sadness & even anger so that we can remember & see the person more clearly. Those feelings can be like clouds that block our view of the kite. Let us see the person for all their brilliance, like these brightly coloured kites. A person's value, identity & importance are not determined by how they died but rather what they meant to us when they lived. The kite can also represent our connection to others, our sense of purpose & hope, something that we grasp tightly & not lose sight of. The kite also reminds us of the importance of staying connected to ourselves to keep our feet on the ground & to sometimes put our heads in the clouds & dream, to feel our own importance & power, to care for & nurture ourselves, to have fun & play.

The string is a very necessary part of the kite for without it the kite is lost. The string is perhaps the central theme, our need for connectedness, & connection with hope, with community, with those who have died, with those who struggle with thoughts of suicide & with ourselves. This string connects & unites us all together.

Information Adapted from Canadian Association for Suicide Prevention

[www.suicideprevention.ca](http://www.suicideprevention.ca)

**Supports/where to get help:**

Local MHA Office	458-2381 or insert local info here
Local Youth Outreach Worker	458-2381 ext. 271 or insert local info here
Mental Health Crisis Line	1-888-737-4668
Health Line	811 or 1-888-709-2929 or <a href="http://www.yourhealthline.ca">www.yourhealthline.ca</a>
Kids Help Phone	1-800-668-6868 or <a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a>
Gambling Help Line	1-888-899-4357
CHANNAL's Peer Support Warm Line	1-855-753-2560
CHANNAL Virtual Peer Support Group	<a href="http://www.channal.ca">www.channal.ca</a>
	<a href="http://www.understandnow.ca">www.understandnow.ca</a>
	<a href="http://www.bridgethegapp.ca">www.bridgethegapp.ca</a> Visit the website or download the App.
	<a href="http://www.suicideprevention.ca">www.suicideprevention.ca</a>
	<a href="http://www.addictionhelpnl.ca">www.addictionhelpnl.ca</a>

# AVAILABLE RESOURCES

Visit the Suicide Prevention section of the Western Health Prevention and Promotion website at [www.westernhealth.nl.ca/mha](http://www.westernhealth.nl.ca/mha) for educational resources and promotional materials.

- 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 \*NEW RESOURCE
- CCSMH Suicide Prevention Among Older Adults - Guide for Family Members
- CCSMH Late Life Suicide Prevention Tool Kit
- Suicide Awareness Video

Email: [mha@westernhealth.nl.ca](mailto:mha@westernhealth.nl.ca) to access print materials or borrow resources.



# CONTACTS

## Western Health, Mental Health & Addiction Services

Regional Mental Health Promotion Consultant Telephone: (709) 634-4927/634-4171

Regional Addictions Prevention Consultant Telephone: (709) 634-4921/634-4171

Website: [www.westernhealth.nl.ca/mha](http://www.westernhealth.nl.ca/mha)

Email: [mha@westernhealth.nl.ca](mailto:mha@westernhealth.nl.ca)

## Mental Health & Addiction Services 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 639-9676

Stephenville 643-2247

Port aux Basques 695-6901

Norris Point 458-2381 Ext. 271

## Community Mental Health Initiative, Suicide Prevention & Awareness

### Committee/Survivors of Suicide Loss Support Group

Interagency Coordinator Telephone: (709) 634-4117

Mental Health Promotion Coordinator Telephone: (709) 634-4321

Website: [www.communitymentalhealthinitiative.ca](http://www.communitymentalhealthinitiative.ca)

Email: [cmhi.iac@gmail.com](mailto:cmhi.iac@gmail.com)

# HELP LINES

Mental Health Crisis Line

1-888-737-4668

Health Line

811 or 1-888-709-2929 [www.yourhealthline.ca](http://www.yourhealthline.ca)

Kids Help Phone

1-800-668-6868 [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

CHANNAL Peer Support Warm Line

1-855-753-2560

CHANNAL Virtual Peer Support Group

[www.channal.ca](http://www.channal.ca)

Government of Newfoundland

[www.understandnow.ca](http://www.understandnow.ca)

[www.bridgethegapp.ca](http://www.bridgethegapp.ca) website or app

[www.addictionhelpnl.ca](http://www.addictionhelpnl.ca)

Centre for Suicide Prevention

[www.suicideprevention.ca](http://www.suicideprevention.ca)

The Centre for Suicide Prevention

[www.suicideinfo.ca](http://www.suicideinfo.ca)

Mental Health Commission of Canada

[www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)

# **SURVIVOR**

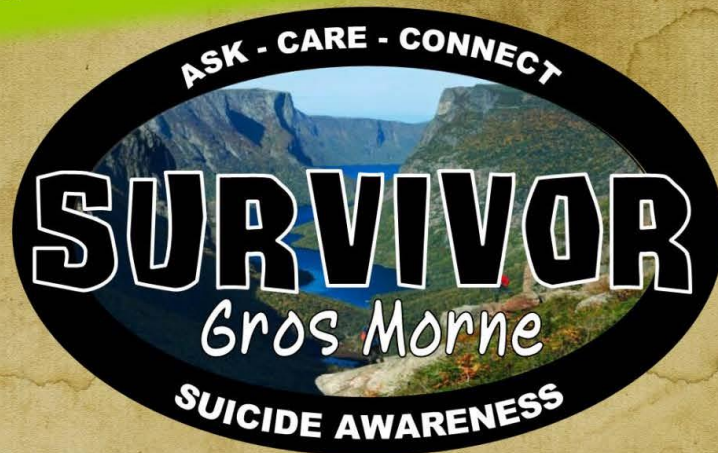
## **APPENDICES**

# **SURVIVOR**

**APPENDIX A:**

**SAMPLE POSTER**

2 October 2016 • 1:00 PM • KOA, Rocky Harbour



## SPECTATORS ARE WELCOME!

*Everyone is invited to cheer on the Guys!*

Plus...kids enjoy free jumping pillow & pedal boats!

## FOR GUYS 12 Years of Age and Older...

*Do you have what it takes to conquer our missions?*

*Men are among the highest risk group for suicide.*

*Be a member of a Tribe and Emerge Victorious as SURVIVORS! Compete for a chance to win a prize.*

## REGISTER TODAY!

Call/Email Andy Nichols

by September 23<sup>rd</sup>:

458-2381, Ext. 271

[andynichols@westernhealth.nl.ca](mailto:andynichols@westernhealth.nl.ca)

## FREE

## BBQ



### FLAG MAKING



### FIRE MAKING



### SCAVENGER HUNT



### CANOE RACE/ RAFT RESCUE

Proudly presented by: Western Health, Community Advisory Committee, Town of Norris Point, Town of Rocky Harbour, Rocky Harbour BMO and KOA

# **SURVIVOR**

**APPENDIX B:  
TRIBAL COUNCIL  
EVALUATION**

# **SURVIVOR**

## **TRIBAL COUNCIL**

### **EVALUATION**

Do you feel more informed about suicide after participating in this event?

Yes

No

Would you know where to go to get help if you or someone you knew was suicidal?

Yes

No

What did you like most about this event?

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What did you like least about this event?

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What would you change?

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Thank-You!

# **SURVIVOR**

**APPENDIX C:**

**SCAVENGER HUNT LABELS**

## I (Ideation)

GPS Coordinates: \_\_\_\_\_

## S (Substance Abuse)

GPS Coordinates: \_\_\_\_\_

## P (Purposelessness)

GPS Coordinates: \_\_\_\_\_

## A (Anxiety)

GPS Coordinates: \_\_\_\_\_

## T (Trapped)

GPS Coordinates: \_\_\_\_\_

## H (Hopelessness/Helplessness)

GPS Coordinates: \_\_\_\_\_

## W (Withdrawal)

GPS Coordinates: \_\_\_\_\_

## A (Anger)

GPS Coordinates: \_\_\_\_\_

## R (Recklessness)

GPS Coordinates: \_\_\_\_\_

## M (Mood Changes)

GPS Coordinates: \_\_\_\_\_



# **SURVIVOR**

## **APPENDIX D:**

### **BREAKING THE MYTHS MYTHS & FACTS OF SUICIDE LABELS**

<p>Never mention suicide to a depressed person. (5 Points)</p>	<p>Never mention suicide to a depressed person. (5 Points)</p>
<p>Young people rarely think about suicide. (5 Points)</p>	<p>Young people rarely think about suicide. (5 Points)</p>
<p>Suicide is sudden &amp; unpredictable. (2 Points)</p>	<p>Suicide is sudden &amp; unpredictable. (2 Points)</p>
<p>Suicidal youth are only seeking attention or trying to manipulate others. (5 Points)</p>	<p>Suicidal youth are only seeking attention or trying to manipulate others. (5 Points)</p>
<p>Suicidal people are determined to die. (2 Points)</p>	<p>Suicidal people are determined to die. (2 Points)</p>
<p>A suicidal person will always be at risk. (2 Points)</p>	<p>A suicidal person will always be at risk. (2 Points)</p>

# **SURVIVOR**

**APPENDIX E:**

**WELL STACKED –  
THE WHOLE PICTURE LABELS**

Reported Suicides

Reported Suicides

Unreported Suicides:  
5% to 25% more suicides

Unreported Suicides:  
5% to 25% more suicides

Non-fatal suicidal behaviors:  
40-100x greater than number  
of suicides

Non-fatal suicidal behaviors:  
40-100x greater than number  
of suicides

Number of people affected by  
suicide

Number of people affected by  
suicide

People with thoughts of  
suicide: 1 in 20

People with thoughts of  
suicide: 1 in 20

# **SURVIVOR**

**APPENDIX F:**

**GUIDE AND SUPPORT  
PUZZLES**



**What You Know  
Could Save a Life!**

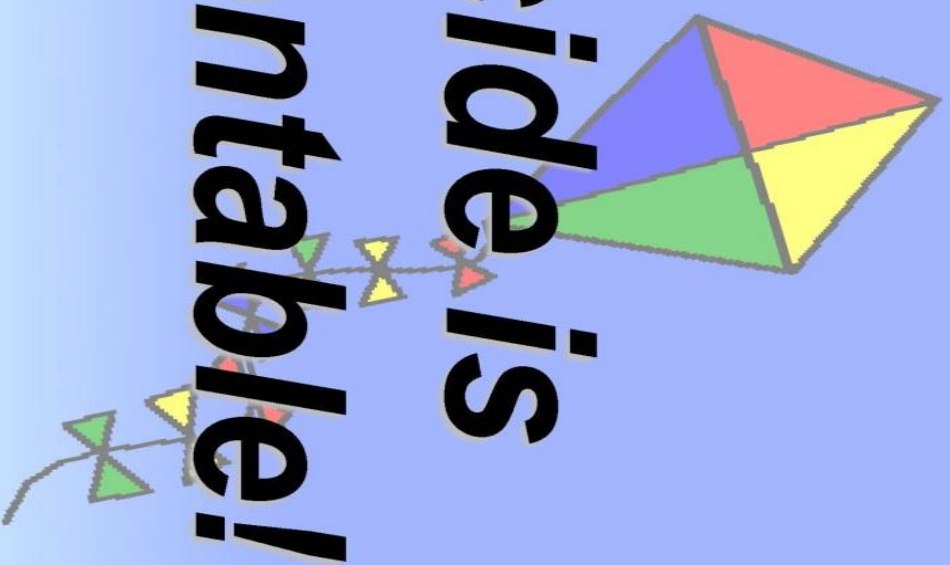
**Suicide Prevention**



*Know the*

**WARNING SIGNS!**

**Suicide Prevention**



**Suicide is  
Preventable!**

**Suicide Prevention**





*Remove the*  
**STIGMA!**

**Suicide Prevention**

