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Message from the Minister of Health

We are all aware of the tragic toll that suicide takes in our province. The impact cannot be measured in numbers alone. Behind each of these tragic deaths lies a tale of strong emotions and unbearable pain, not only for the victim but also for family, friends and the community at large.

We continue to be committed to providing suicide prevention activities and supporting community initiatives throughout New Brunswick.

Community involvement is important, for suicide is a societal problem and everyone has a role to play if we want to succeed in its prevention. There are 13 suicide prevention committees across the province, as part of our Suicide Prevention Program. They bring together people who are committed to lessening the frequency of these personal, family and social tragedies through prevention and treatment.

It is therefore crucial to keep abreast of suicide prevention programs and services available. I am confident that this provincial newsletter will facilitate the sharing of views and ideas amongst suicide prevention experts, frontline workers, family survivors and various community members.

I applaud the work that is being done by members of Suicide Prevention Programs across our province. They are all important participants in our health care system by providing a vital link to people in a desperate frame of mind, undoubtedly saving lives, and giving hope to survivors and their loved ones.

Please accept my best wishes for your continued efforts in addressing future challenges of suicide prevention in New Brunswick and in bringing hope and enlightenment to the people you serve.

Hon. Michael B. Murphy
Minister of Health
SUICIDE PREVENTION

Suicide in New Brunswick
Sadly, suicide in New Brunswick is a fact of life. Approximately 100 New Brunswickers die by suicide each year.

As in most other provinces, the risk of suicide is highest among men 30 to 60 years of age, young people, seniors, and those who have recently lost a close friend or family member through suicide.

The New Brunswick Suicide Prevention Program
The New Brunswick Mental Health Service recognizes three basic principles:

• New Brunswickers have a responsibility to provide alternative ways of addressing psychological or physical suffering to counter suicidal behaviours;
• suicide is a social problem;
• and suicide has multiple causes.

The New Brunswick Suicide Prevention Program mobilizes agencies and individuals who work provincially and locally. The goal of the program is to reduce the province’s suicide rate.

In 1989, the New Brunswick government established a provincial suicide prevention committee to advise Mental Health Services on strategies to be developed, implemented or reviewed. It also works with New Brunswick organizations to coordinate provincial efforts and to develop a common province-wide approach.

Thirteen Community Suicide Prevention Committees are in place throughout New Brunswick’s health regions. They advise their local Regional Health Authority and the Provincial Suicide Prevention Committee on actions required to meet the program’s objectives. They also work with other regional organizations to coordinate their efforts.

Suicide Prevention Models
The New Brunswick Suicide Prevention Program is based on the Ecological Systems Theory model. It specifies a series of social and interpersonal networks that interact with individuals. The networks include family, peers, school, workplace, community, culture, society and the environment.

Applied Suicide Intervention Skills Training (ASIST)
These intensive two-day courses are aimed at helping participants recognize suicidal persons, review the risk, and to intervene.

Prevention and Promotion Activities
Measures are designed to prevent the occurrence of suicidal states in New Brunswickers. They help minimize the risk factors by improving living conditions and strengthening the protective factors such as family support and community resources.

Public Awareness and Training
Public awareness and training sessions are offered regularly throughout New Brunswick.

Provincial Suicide Prevention Month
Each year the Provincial Suicide Prevention Committee sponsors a Suicide Prevention Month in February.

Protocols for the Referral of Suicidal Persons
Several hospitals, police forces, and other agencies have signed protocols with their local Community Mental Health Centre so that suicidal persons can be referred to the Centre and can obtain the appropriate services.

Treatment Services
The Community Mental Health Centres provide treatment for suicidal persons in crisis situations as well as treatment on a short, mid and long-term basis.

Postvention or Follow-up Activities
These include direct services for suicide survivors (crisis intervention, debriefing, and therapy for individuals, their family or their extended family) and intervention in places such as schools or work.

Debriefing Services
Suicide survivors and persons who were on site when the deceased was discovered can receive debriefing services from their local Community Mental Health Centre and postvention or follow-up.

Self-Help Groups
There are self-help groups for suicide survivors in some regions of New Brunswick. To find out if there is a support group in your region, call your local Community Mental Health Centre.
Community Mental Health Centres Contact Information

Bathurst............................................................ 547-2038
Campbellton..................................................... 789-2440
Caraquet............................................................ 726-2030
Edmundston..................................................... 735-2070
Fredericton....................................................... 453-2132
Grand Falls........................................................ 475-2440
Miramichi.......................................................... 778-6111
Moncton............................................................ 856-2444
Richibucto......................................................... 523-7620
St. Stephen....................................................... 466-7380
Saint John.......................................................... 658-3737
Sussex................................................................. 432-2090
Woodstock........................................................ 325-4419

Why Work Within the Community?
Broad community participation is a key component of the success of the Regional Community Suicide Prevention Committees. The committees are comprised of people with different skills and backgrounds which ensures the committees represent their communities.

COMMUNITY SUICIDE PREVENTION COMMITTEES
The 13 Community Suicide Prevention Committees are working towards the prevention of suicide in New Brunswick.

Goal
To develop strategies within the community that will aid in the prevention of suicide.

Guiding Principles
1. Suicide is recognized as a societal problem that has multiple causes
2. There is a responsibility to provide psychosocial and/or psychological, interpersonal and physical support to those suffering
3. Resources and services to help vulnerable persons need to be available and accessible

Examples of Recent Projects
- Suicide help cards for people in distress
- Development of a web site
- Suicide Prevention Month activities in February each year
- “Living Works”, Applied Suicide Intervention Skills Training (ASIST) for the community and front line workers
- Public awareness campaign in high schools and the community
- Grief following a suicide booklet
- “Suicide and Men” Workshop
- “The Link Program” to help students connect to community resources
- Provincial Research on deaths by suicide
- Trainings such as ASIST Tune Up and Safe TALK
- Provincial First Nation Task Force for suicide prevention

COMMUNITY SUICIDE PREVENTION COMMITTEE
Contact Information

Fredericton/Harvey....................................................... 453-2132
Saint John................................................................. 658-3737
Sussex................................................................. 432-2090
Woodstock.......................................................... 325-4419
Grand Falls........................................................ 475-2440
Caraquet............................................................. 726-2030
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Campbellton.................................................. 789-2440
Richibucto.................................................... 523-7620
Miramichi.................................................. 778-6111
SUICIDE PREVENTION
Guidelines for recognizing and preventing suicidal

Warning signs
The person is:
• depressed
• increasingly isolated
• giving away prized possessions
• doing poorly in school or at work
• making statements about wanting to die
• acting in an aggressive manner
• taking unnecessary risks
• threatening to kill themselves
• suddenly happy for no reason after a long depression
• abusing drugs and/or alcohol

More than one sign could mean that help is necessary. Note how long the signs have been present – how deeply the person feels about the things going wrong in his or her life, and how many signs are present at one time.

What you can do to help a depressed or suicidal person:
• Listen to the person with concern.
• Ask the person if he or she has ever felt unhappy for a long time and assure him or her that things can change.
• Be especially concerned if the person uses drugs and/or alcohol because his or her judgment may be impaired.
• Ask if the person has suicidal thoughts.
• Give the person the CHIMO provincial help-line number and make sure the person calls. Stay with the person. Do something together.
• Make specific plans to see the person the next day, so he or she has hope for one more day.
• Ask the person if they’ve recently experienced a loss or difficult situation.

What you can say to a troubled person:
• “I’m here for you.”
• “I want to hear about what’s bothering you.”
• “I really care about you.”
• “Let’s talk and figure out how to make things better.”
• “Things are tough now but they will change. You’ve got to have hope and I’m here to help.”
• “I would feel horrible if you hurt yourself and I don’t want you to die.”
• “If I can’t help you, I’ll help you find someone who can help.”
• “No one and nothing is worth taking your life for.”

What you should not do
• ignore the person
• put the person down
• change the subject
• try and handle it alone if the person doesn’t respond to your efforts to help
• suggest drugs or alcohol as a solution

In the majority of suicides, drugs and/or alcohol are factors. Be more vigilant if you know the person is using drugs and/or alcohol to deal with problems.

Where you can go for help
If you are concerned that a person is suicidal – listen carefully, stay with him or her and get professional help as soon as possible.

Who you can contact:
Your local Community Mental Health Centre
The nearest hospital Emergency Department
Chimo Crisis Line: 1-800-667-5005
Kids Help Phone: 1-800-668-6868
In case of emergency: 9-1-1
RCMP: 1-800-442-9722
Regional Mobil Crisis Teams
The Canadian Mental Health Association
Mental Health Outreach Services
Teachers or guidance counselors
Family physicians Local clergy

REMEMBER - You cannot take responsibility for another person’s life – the decision is his or her own – you may, however, be able to help the person see other ways of dealing with his or her problems and pain.
Applied Suicide Intervention Skills Training (ASIST) 2007 – 2008
We have 75 people who are trained to offer the ASIST training and the ASIST Tune Up. The following is a summary of the training sessions that took place in 2007-2008 in New Brunswick.

Region 1:
15 ASIST
Total: 445 participants

Region 2:
9 ASIST
Total: 312 participants

Region 3
6 ASIST
Total: 138 participants

Region 4
9 ASIST
Total: 260 participants

Region 5:
6 ASIST
Total: 127 participants

Region 6:
12 ASIST
Total: 282 participants

Region 7:
2 ASIST
Total: 51 participants

Provincial Total
59 ASIST
Total: 1615 participants

Initiatives for 2007-2008 Suicide Prevention Program
- Provincial surveillance project modified in cooperation with the RHA’s and the Office of the Chief Coroner
- Coordination of a First Nations cultural youth camp project
- Coordination of new training and continued education of the programs safeTALK and suicideCARE
- Development of a new suicide risk review tool.
- Making Canadian Mental Health Association provincial suicide prevention library available
- Providing support for the new trainers of the ASIST program
- Hosting Suicide Prevention Month activities
- Working with the Link project

February is Suicide Prevention Month
Know the Warning Signs of Suicide
- Depression
- Loneliness
- Giving away prized possessions
- Poor performance at work or school
- Aggressive behaviour, mood swings
- Unnecessary risk-taking
- Threats of suicide, talking about death
- Abuse of alcohol or drugs
- Loss of interest in usual activities

If you or someone you know is thinking about suicide, get help — You don’t have to do this alone.

CHIMO HELPLINE
1-800-667-5005 (toll-free provincially)
450-HELP (Fredericton Area)

Kent Suicide Prevention Committee
Annual Report 2007-2008 - Region 1

The Kent committee continued its recruitment in the community. Booths were set up in February, Suicide Prevention Month. The committee has about 12 members representing various sectors in the region.

Since September, the committee has been meeting regularly. Here are the items that the committee members looked at:
- donation for a local youth group and a community group
- covering costs so a member could participate in SafeTalk training
- booths during Suicide Prevention Month
- postvention group, which is managed by two members of the committee. This group holds regular meetings. The facilitators are active in the Kent and Moncton region. They are often invited to give presentations.

Planning for 2008-2009
The committee is planning to host the annual meeting next September. It will hold a meeting soon to develop its strategic plan for the next year of operation. One possible focus is the region’s adult population and how to better reach that group. So there are lots of great things to be planned with an active committee that is always ready to lend a hand.
Moncton Suicide Prevention Committee
Annual Report 2007-2008 - Region 1

The Committee had four scheduled meetings during the past fiscal year, in which two meetings were held and two were cancelled due to not having met quorum. We actively worked together to revise a regional protocol document entitled *Guidelines Between Health Services Agencies on the Follow-Up of Individuals Presenting Suicidal Risks* (aka the “Yellow Document”). It was initially devised in 1995 and has been periodically updated, in which this represents the latest version. It offers general recommendations, suggestions for service providers when dealing with an at-risk population, contains warning signs of suicide, a list of private service providers, and referral forms to the local mental health centers. In addition, it contains a copy of a screening assessment tool developed by the American Association of Suicidology compiled by a task force of expert clinical-researchers (for further details visit [www.suicidology.org](http://www.suicidology.org)). The revision of the “Yellow Document” proved to be a time consuming matter which generated lots of discussions, but it was finally unanimously agreed upon by members. The committee continued to be strongly committed towards educating individuals in our region about the warning signs of suicide by actively supporting ASIST workshops through financial aid, helping with set-up, and providing a free location for the workshops. We have also updated *The Helping Tree*, which provides an easy listing of available services in the area specifically dealing with particular problems and concerns.

During the fall of 2007 a change occurred with regards to the leadership of the committee, as I stepped down after 5 years and was able to secure a replacement, Jolène Robichaud, social worker at CMHC – Region 1 SE, who graciously agreed to assume the role as chairperson. Since that time, a meeting was held in February 2008 in which the focus was upon finalizing some previous business and orienting herself to the affairs of the committee and the direction they would like to take for the upcoming fiscal year.

I would like to thank all members for their participation and continued support in our efforts to serve our community by advocating for suicide prevention. I enjoyed my time as chairperson of the committee and getting to know everyone, but felt it was time to move on. I wish the committee all the best and know they will continue to do great work on this very important issue in our society.

Charlotte County Suicide Prevention Committee
Annual Report 2007-08 - Region 2

**Community Link program:**
In November we hosted an official launch of the program for the general public in St Stephen. Representation from business, education, and health attended. Marilyn Noble, keynote speaker, addressed workplace bullying. Speakers from local agencies gave brief talks about the benefits of using the materials. Lois Mitchell, committee member, provided a presentation describing the provincial and local suicide prevention activities. Several hundred cards with dispensers were distributed.

**Student Link program:**
Our committee handles the Link website and program for the students. Our distribution of the new materials should coincide with the Provincial launch in the fall.

**Suicide Prevention Month activities:**
A 4- part series on men and depression ran in the local paper as well as a full page ad describing the Link program and guidelines for recognizing warning signs. Prizes were awarded to the winners in The ThinkLink Multimedia Contest to students from Grade 6-12.

**Suicide Awareness:**
The SPC coordinator delivered a suicide awareness talk to 100 NBCC students.

**ASIST:** Workshops were offered in St Stephen and St Andrews.

**safeTALK:** The SPC coordinator is trained and is offering three sessions this spring; the committee purchased safeTALK cards. The committee bought the Choices 2 DVD. This will be shown during the Grade 11 suicide awareness sessions offered each year.

**Donations:**
Several donations have been made to community projects:

- Two youth Assets rally, Celebrate What’s Right program, a new support group for GLBT young people.

We are gratefully acknowledging the ongoing support and dedication of our members who attend the monthly meetings and volunteer on sub-committees.
We now have 19 members representing Mental Health, Public Health, School District 6, Early Intervention, Portage, King’s County Family Resource Center, Sussex Vale Transition House, CMHA, Victim Services, Crosswinds, R.C.M.P., Addiction Services, private citizens and a local pharmacist. We meet monthly at the Sussex Health Center.

The following are highlights from the past year:
- Sponsored 2 ASIST Workshops
- Sussex Regional High School student suicide prevention committee won the provincial recognition award
- SRHS student suicide prevention committee
  - presentations to high school classes
  - Yellow Ribbon Campaign
  - awareness and education booths
  - volunteered at Home Show booth
  - student rep is member of local SPC
- Booth at the Kiwanis Home Show
  - free draw
  - brochures/pamphlets
  - DVD suicide facts
  - ASIST information
  - balloons/banners
- LINK Program
  - implemented at SMS, SRHS, PALS – Sussex
  - interviewed for research study from a rep from UdeM
  - working on local website
  - preparation of a powerpoint presentation for education sessions for companions, etc.
  - visitation from Saint John LINK committee
- Suicide Prevention Month
  - Telegraph Journal article
  - Gift baskets placed in the community for a free draw
  - Conference with Dr. Stan Kutcher on Adolescent Depression & Suicide
- Distribution of “Community Directory”
- Presentation on the Research Project (suicide attempts)
- Annual Christmas Dinner
- Yearly Recognition/Appreciation acknowledgements to committee members
- Guest speakers
- 5 members of the committee trained in SafeTALK
- Purchase of electronic equipment (laptop/LCD) for committee use
- Recruitment of new members
- Development of an Executive Committee with representation from the subcommittees: schools, education, public relations, special projects, and review committees

The Saint John Community Suicide Prevention Committee held general meetings and numerous sub-committee meetings during the fiscal year. We sincerely thank all our committee members, but especially those who are survivors who have consistently volunteered their time on behalf of Suicide Prevention activities in our community.

The following activities were carried out by the committee members:

**Displays and Information**
- Pamphlet and information displays by the survivors’ sub-committee were held at the Senior’s Safety Fair at Loch Lomond Villa in April. A short 2 question ballot was used to facilitate discussions with seniors who could then enter the draw for one of two $25.00 gift certificates. This gave an opportunity to share information about suicide prevention.

**Suicide Prevention Month Activities**
- Harbour Bridge signs posted for 2 weeks.
- Newspaper ad for ASIST
- 30 radio ads were placed on 3 local radio stations

**ASIST Activities**
Unfortunately we have lost two of our ASIST trainers
- Upcoming ASIST workshops are now published on the CMHA Provincial Website and local papers.
- Five ASIST Workshops were held for a total of 232 participants.
- An editorial piece was submitted and published in the Saint John Volunteer Centre's annual publication to inform readers of the ASIST and safeTALK programs available. Two committee members have been trained in January 2008 to offer safeTALK and have completed 2 sessions to date.

**LINK Activities**
- Our Link sub-committee partnered with School Districts 6 and 8, the Human Development Council, Public Health and the Teen Resource Centre to develop a comprehensive decision tree. A grade 12 co-op student participated in some committee meetings providing valuable insights to the committee.

**General**
- CASP Membership was renewed.
- Saint John Volunteer Centre Membership was renewed.
Fredericton/Oromocto Suicide Prevention Committee
Annual Report 2007-08 - Region 3

This has been a busy year for the Fredericton/Oromocto Suicide Prevention Committee! Much of our time has been dedicated to the Link Program and working to get it into the schools and communities in our region. A great deal of energy has gone into renewing the helping/decisional tree. Not only will we have a decisional tree for the schools and youth, we will also have one to be used in the community. A big thanks goes out to all those that worked on the tree and to those that helped review it.

As with previous years, our committee ran ads to create awareness and to recognize September 10th as Suicide Prevention Day.

Continuing with our media campaign, our committee promoted February as Suicide Prevention Month. Educational and promotional materials were distributed throughout our community including to the Mobile Crisis Unit with Fredericton Mental Health. Again our promotion included radio advertising.

We ran an ad in the local paper that included the warning signs of suicide and the phone number for Chimo Helpline. In addition the Wham advertising board (digital board) was utilized to recognize Suicide Prevention Month.

Our new project this year, which will continue into the new year, is implementing safeTALK, Suicide Alertness for Everyone. It is a three-hour workshop brought to us by the developers of ASIST that prepares people to be suicide alert helpers and teaches that opportunities to help a person with thoughts of suicide are sometimes missed, dismissed and avoided. This program teaches the TALK steps (Tell, Ask, Listen and KeepSafe) and how suicide alert helpers can activate a suicide alert and connect persons with thoughts of suicide to persons trained in suicide intervention.

Thus far, two safeTALK trainings have taken place within two community organizations in our region. That means we have 42 more suicide alert helpers in our community! Our committee, in partnership with Chimo helpline, is able to offer the safeTALK training for free as our committee purchased the materials for the community and Chimo provides the trainer. Our suicide prevention committee has also purchased ASIST kits and hopes to train more people in our community in Suicide Intervention.

Many thanks to the committee members, who along with their own workloads, agree to sit on the committee to help make the Fredericton Region a suicide safer community.

Woodstock Suicide Prevention Committee
Annual Report 2007-08 - Region 3

The Woodstock Suicide Prevention Committee has had another busy and productive year.

Suicide Prevention Month activities included a display booth at the Carleton Mall with approximately 300 people stopping by to chat, receive yellow ribbons and printed material. Books were purchased again this year for distribution to the schools and pamphlets were provided to various community groups/agencies. Radio ads ran for two weeks encouraging anyone who may be suicidal to reach out for help.

The committee sponsored two ASIST workshops training 26 people. The committee is also excited about the safeTALK and will provide future support.

The committee has taken over all aspects of the ASIST trainings for their area and have compiled a members manual which can be used for membership recruitment.

Many thanks go out to the committee for their hard work and dedication to Suicide Prevention in their community.

PROVINCIAL SUICIDE RESOURCE CENTER
For books, articles, videos, etc visit the centre at CMHA NB Division
8:30-4:30 (Monday -Friday)
403 Regent Street, Suite 202
Fredericton, NB E3B 3X6

For those with mobility impairments, Service is available on the ground floor
Master Log of resources is now available on the web.

Website
www.suicideinformation.cmha.ca
Orders can now be placed online.
Resources will be shipped at no cost.
Our committee's activities were carried out mainly by four subcommittees, and the local committee supported those committees and coordinated the annual Yellow Ribbon Campaign, held in February 2008. In all, there are about 20 members.

In June 2007, the committee moved into new premises in the Maillet building, where the committee meetings are now held and the material is stored.

Here is a summary of the activities carried out during the year.

The ASIST trainers committee gave four training sessions through RHA4 to a total of 62 participants. One of those sessions was held in Grand Falls and the others were held in Edmundston. The trainers from Public Safety offered training to employees of their Department. A Suicide Talk awareness session was presented to seniors in September 2007.

The Yellow Ribbon committee conducted an awareness and fund-raising campaign involving the sale of pins through local pharmacies. The committee members sold pins as well. The campaign is still going on, and the public is encouraged to wear a pin. To date, 425 pins have been sold, and 4,500 are left to be sold or distributed.

Suicide Prevention Month activities included the following:

- Development and distribution of a brochure in the Ad-bags in the Madawaska region.
- Development of a positive thoughts calendar and its distribution at various locations, including schools offering the Link program, the UMCE, the RCMHS, and Club Richelieu. The chamber of commerce also distributed the calendar to various companies in the region.
- Positive thoughts were broadcast daily by the two local radio stations: CJEM and CFAI.
- The local newspapers (Le Madawaska, La République, and Info Week-end) published one thought per week during the month. They also conducted an advertising campaign using a yellow ribbon to highlight the week of February 3, 2008.
- The Cité des jeunes organized an awareness activity for the Link program with the 73 advisory classes.
- Displays featuring four different themes and the community resources available were produced (using displays shared by the Kedgwick–Saint-Quentin region) and distributed at various locations. These displays were placed in the cafeteria at the Edmundston Regional Hospital.
- A presentation on suicide prevention and the Link program was given to supervisors at Fraser. Yellow ribbons were distributed to the employees, and two articles on suicide prevention were published in the company newsletter.

The awareness and funding committees are working on a joint project that involves organizing a country night to benefit the local committee. The event will be held in fall 2008.

The Link committee, under the direction of Anne d'Astous, carried out several activities and did exceptional work to ensure the maintenance and development of the program in various locations in our region.

It is important to point out the work done for many years by three of our members who left the committee this year. The first is Fernand Sirois, who served as coordinator and devoted a great deal of time and energy to our group and is still involved with the Link subcommittee. The second is André Couturier, who stepped down as president after more than five years (June 2002). He continues to run the SOS support groups in Edmundston and Grand Falls with a great deal of dedication. The third person is Georgette Bérubé, who had worked with the committee since September 2002 and served as secretary for almost as many years. She did excellent work and was involved in several other projects for the committee as well.

The Madawaska Promotion of Life and Suicide Prevention Committee work very hard to increase its visibility and offer awareness activities in our region. For the committee, it is essential that the problem of suicide be dealt with openly and respectfully. The suicide rate in north western New Brunswick remains high, and the committee wants more than ever to help reduce this loss of life. However, it faces major challenges, and there is still an urgent need for additional human and financial resources to develop innovative approaches to suicide prevention.
Grand Falls Suicide Prevention Committee
Annual Report 2007-08 - Region 4

The Grand Falls committee has 12 members. The committee undertook the following initiatives:

**Suicide Prevention Month**
- Distribution of promotional material in Ad-bags
- Distribution of suicide prevention bookmarks in all schools and libraries in the greater Grand Falls area
- Special page on the Link (articles and photos) published in the newspapers La Cataracte and Victoria Star

Possibility of a BURSARY FOR A GRADUATE of la Polyvalente Thomas-Albert and l’École John Caldwell following a donation from a member of the Grand Falls community.

FINANCIAL SUPPORT FOR THE SOS Suicide support group (survivors) to support them in their self-help efforts in Grand Falls.

We hired a psychology student from l’Université de Moncton for summer 2007. Her projects were to increase public awareness of suicide and to start up a campaign to recruit new members for the committee. Through her efforts, the committee now has six new members from the community. Her suicide awareness initiatives included preparing and presenting a booth at the Farmers’ Market, giving public talks, and writing articles for the newspaper La Cataracte. She also developed a PowerPoint presentation and established contacts with large local companies (McCain and Irving) and Regional Health Authority 4 in order to eventually introduce the Link program to their respective employees.

**Link Committee**
The members of the local Link committee continued to work diligently on their regional and provincial initiatives, and the committee was incorporated. It is now in the process of planning the big provincial launch of the Link, which will be held in Grand Falls before the end of 2008. Let’s not forget that the Link was started in Grand Falls and spread across New Brunswick. Bravo to the local committee for your vision!

ASIST
Thanks to a partnership with the Education Department of Regional Health Authority 4, seven French ASIST were offered at the Grand Falls, Edmundston, and Saint-Quentin hospitals. The 250 participants in those seven workshops included employees of various government Departments, RCMP, foster families, and members of the general public.

Campbellton Suicide Prevention Committee
Annual Report 2007-08 - Region 5

The Region 5 Promotion of Life and Suicide Prevention Committee is composed of 13 members. The committee members met once during the year, on March 3, 2008. Implementation of the Link program required a great deal of the time and personal resources.

Our committee set up subcommittees to look after the different activities listed below:

**Suicide Prevention Month**
- Advertising blitzes
- Distribution of 5,000 placemats to local restaurants
- Articles in the local newspapers (The Tribune, La Voix du Restigouche, and L’Aviron)
- Distribution of the revised Helping Tree

**Book Project Subcommittee**
The subcommittee distributes books to school libraries in the region and to the three community libraries, i.e., Dalhousie, Campbellton, and Atholville. The books selected this year were the following:

**Be Aware Of Feelings - Feelings Are For Real**
**My Brain Needs Glasses - Living With Hyperactivity**

We supplied brochures, bookmarks, etc. for 400 information kits distributed to students at the CCNB Campbellton Campus.

**Information Kits**
A success: All new members who join the Promotion of Life and Suicide Prevention Committee receive an information kit. The kit contains a description of the provincial and regional committees as well as pamphlets and documents relevant to the regional committee.

**ASIST Training and Presentations**
Six ASIST sessions were offered in our community.
Acadian Peninsula Suicide Prevention Committee
Annual Report 2007-08 - Region 6

During the past year, the members of the Acadian Peninsula Suicide Prevention Committee focused on continuing to carry out the five subcommittees’ various projects.

The committee is currently composed of 12 members, along with 20 or so additional members working with various subcommittees.

Major Projects
Link Subcommittee
The Link program was implemented in the District 9 high schools in fall 2005. For Grades 6 through 8, the program was launched in our region on December 5, 2007, with the official ceremony taking place in one of the schools. The subcommittee members continue to oversee the development of committees in each of our schools, monitor the program’s operation, and see to the development of promotional material and the recruitment of new members.

Prevention Subcommittee
During Suicide Prevention Month, the subcommittee members distributed posters and materials to various agencies and gave interviews on community radio. Information booths were set up in the Acadian Peninsula’s three regions.

Trainers Subcommittee
This year, one trainer unfortunately had to withdraw from the trainers group. The subcommittee now has four trainers, who offered four ASIST sessions during the past year.

Gay Info Subcommittee for Peninsula-Chaleur Workers
The objectives of this subcommittee are to inform and raise awareness among professionals and community members regarding sexual orientation, in part through the search for tools and information with a view to making them accessible. The International Day Against Homophobia on May 17 was marked by radio advertising and posters put up in various agencies.

Postvention Subcommittee
This is a new subcommittee in our region. Its members’ activities will be aimed primarily at identifying and distributing resources for family and friends experiencing bereavement as a result of suicide.

The committee members are proud of the work accomplished this year. We wish to express our appreciation for the provincial government’s financial support, without which it would be very difficult for us to continue to carry out our projects.

Bathurst Suicide Prevention Committee
Annual Report 2007-08 - Region 6

The Chaleur region committee was again very busy during the past year. Different activities and projects were organized and were very stimulating for the members and the community. We have 14 very active members in our committee and we meet 5 to 6 times a year with an average attendance of 8 to 10 members. The sub-committees members recruit the members for their respective committees and meet when needed. We hope that all of our efforts will continue to be positive and will increase our visibility in our region.

Sub-committees activities
Pabineau First Nations
• This sub-committee started this year and the chairperson is Connie Sewell. The first awareness session was organized in June 2007 at Danny’s for Pabineau’s youth of 12 to 18 years old. Connie Sewell also joined the provincial First Nation’s Task Force.

Info-Gay
• Julia Auclair is chairperson of this sub-committee that is joint with the one in the Acadian peninsula.
• This year, the main activity was to organize a workshop for professionals working with persons with different sexual orientation. This session has been postponed.

Awareness
• Most of the awareness activities took place during suicide prevention month in February. We had kiosks with draws for 17 baskets and did publicity in the local media.
• A conference was given by Ms Yvonne Boudreau-Giachino followed by a supper and a dance on February 14th 2008. It was for the general public but mostly for anyone experiencing mental health difficulties or living with somebody with these issues. Self-esteem was the theme of the conference. We had about 90 participants. The activity was a real success.
• We held a contest to create an awareness message for the 3rd year nursing program at U de M of Bathurst. The goal was to develop an awareness message on suicide prevention that would encourage people to seek help for us to use for either radio or TV. They were asked to record the message as well as submit it in writing. The winning team of 4-4 students would get their ASIST training free in January.

Training
• Odette Arseneau and Denis Bernier offered several ASIST workshops during the last year. The sessions were offered in April, May and October for different agencies and caregivers. One session was offered to UNB nursing student in English in September 2007 and one for the U de M nursing student in French in January 2008. The last ASIST was done on April 10th & 11th 2008 for the LPN students at CCNB.

The Link program
Lorraine Breau is chairperson for this sub-committee. Members worked very hard to implement this program in our schools as well the regional launch. The press conference fro the official launch was held on February 21st 2008. The implementation has begun and will continue for the rest of this year.
This has been a busy year for our Committee as we have concentrated our energy on preparing for the launch of The Link Program in our High Schools. A sub-committee was established and has worked diligently during their meetings at completing the Decisional Tree and doing the preparation work in order to launch the program in the fall of 2008.

The Miramichi Suicide Prevention Committee has met 10 times in the past year with a membership of 15. During the Suicide Prevention Month, the Committee, working in collaboration with the Canadian Mental Health Association’s Regional Community Worker, was able to sponsor 3 newspaper articles on the topic of suicide prevention; a pamphlet display during one week at the Miramichi Regional Health Authority; and mail outs of information about suicide prevention for in-house displays were sent to various community organizations.

Other activities carried out through the year with the collaboration of CMHA’s Regional Community worker were: 5 suicide awareness sessions to 122 participants from various groups such as the Girl Guides, James M. Hill High School, Department of Postsecondary Education, Training and Labour, and other community members; and 2 ASIST workshops to 51 participants.