

**Are you, or is someone you know, in immediate suicide crisis?**

**Ambulance, Police, Fire** 911  
 Community Torchlight o/a Distress Centre W/D  
 Crisis Line 519-821-0140  
 Toll Free 1-877-822-0140  
 Distress Line 519-821-3760  
 Toll Free 1-888-821-3760  
 Youth Support Line 519-821-5469

Trellis Mental Health and Developmental Services  
 Central Information & Referral 519-821-3582  
 Dufferin Child & Family Services 519-941-1530  
 Guelph General Hospital 519-822-5350  
 Groves Memorial Hospital Fergus 519-843-2010  
 Dufferin-Caledon Health Centre Corporation Orangeville 519-941-2410  
 North Wellington Health Care Corporation  
 Louise Marshall Hospital 519-323-2210  
 Palmerston & District Hospital 519-343-2030

**PERSONAL NOTES**

*Your Family Doctor is an important resource.  
 Your place of faith may also provide needed support.*

**Are you, or is someone you know, having thoughts of suicide?**

**Are you, or someone you know, in need of support after a suicide attempt or responding to a death by suicide?**

Canadian Mental Health Association  
 Centres for Mental Health  
 Toll Free 1-888-255-2642  
 Guelph 519-836-6220  
 Orangeville 519-938-8776

Trellis Mental Health and Developmental Services  
 Toll Free 1-800-471-1732  
 Guelph - Delhi St 519-821-2060  
 Fergus 519-843-6191  
 Orangeville 519-941-0465  
 Couple and Family Therapy Centre  
 University of Guelph 519-824-4120  
 x56335  
 Family Counselling & Support Services  
 519-824-2431 / 1-800-307-7078  
 New Life Counselling 519-848-2870 / 1-800-410-4506  
 Dufferin Child & Family Services  
 Children's Mental Health Program 519-941-1530  
 OutLINE—Guelph  
 LGTBQ Help Line 519-836-4550  
 Community Torchlight o/a Distress Centre W/D  
 Youth Support Line 519-821-5469  
 Distress Line 519-821-3760  
 Homewood Health Centre  
 Guelph 519-824-1010

**Bereavement Resources**

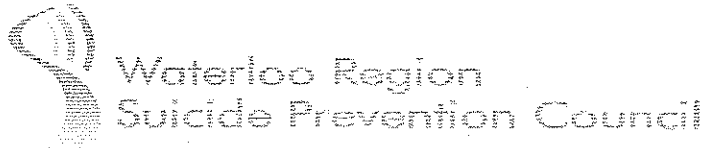
Coping Centre 1-877-554-4498  
 Hospice Guelph 519-836-3931  
 Hospice Dufferin 519-942-3313  
 Hospice Wellington 519-323-4210

**Are you concerned about suicide and related issues and want more information?**

Canadian Mental Health Association  
 Centres for Mental Health  
 Toll Free 1-888-255-2642  
 Guelph 519-836-6220  
 Orangeville 519-938-8776  
 Dufferin Community Services 519-941-6991

**Internet Resources**

**Local Mental Health Resources** www.communitylinks.ca  
**Canadian Mental Health Association**  
 Grand River Branch www.cmhagrb.on.ca  
**Community Torchlight o/a Distress Centre**  
 Wellington/Dufferin www.dc-wd.org  
**Ontario Suicide Prevention Network**  
 www.ontariosuicidepreventionnetwork.ca  
**Canadian Association for Suicide Prevention**  
 www.suicideprevention.ca  
**Centre for Suicide Prevention**  
 www.suicideinfo.ca  
**Living Works Education Inc.**  
 www.livingworks.net  
**Health Canada**  
 www.hc-sc.gc.ca  
**National Mental Health Info Centre**  
 www.mentalhealth.org  
**Bereaved Families of Ontario**  
 www.bereavedfamilies.org  
**Compassionate Friends**  
 www.compassionatefriends.com



Did you know... 3.5% of people in Ontario report thoughts of suicide in the past 12 months (Stats Canada 2002)

## **About Us**

### **History:**

June 1995, a group of over 80 concerned community members and agencies held a meeting to focus on suicide prevention and mental health issues. Committees were developed and in 1997 the Waterloo Region Suicide Prevention Council was established.

The Council continues to grow, and is now recognized locally and provincially for suicide prevention activities.

### **Who Are We:**

The WRSPC is a non profit, voluntary council comprised of 20 representatives from Waterloo Region. The WRSPC strives to maintain equal representations from professionals/organizations dealing directly with suicidal behavior, associated professionals (faith community, teachers) and the community (family, friends and individuals affected by suicide).

The Council promotes a community wide strategy to reduce the incidence of suicidal behavior through public awareness, education, skill development, and public health advocacy. The Council strives to reduce the impact of suicidal behavior through the improvement of services, collection of local statistical data and through community consultation, co-ordination, and collaboration.

### **Council Membership**

Service on the Council is voluntary and without remuneration. Members of the Council may be reimbursed for reasonable expenses incurred while on the council business, consistent with the volunteer and nonprofit nature of the Council and subject to approval by the Executive.

Council members attend six meetings per year, and also actively participate on one or more committees. Committees include: Executive, Education and Public Awareness, Conference Planning, Speakers Bureau and Fundraising.

There are three categories of membership on the WRSPC.

1. **Individual**
2. **Group or Organization** (one group representative)  
These categories of membership encompass full membership.  
All members have equal status and are entitled to vote at meetings.
3. **Associate:** affiliated members, either individual or group representatives, who do not having voting privileges and who do not sit on the council. The WRSPC maintains communication with Associate members and enlists their assistance when necessary.

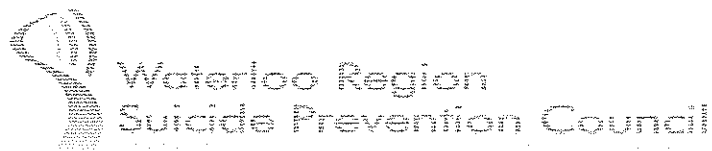
New members are enlisted through the recommendation of council members, or individuals may apply directly to the WRSPC Executive. The Executive committee reviews the application and brings forward nominations to the Council for membership approval.

### **Duties:**

All members of the WRSPC are expected to:

- attend and participate in the meetings on a regular basis
- provide input and direction in all Council activities
- become an active member of a Council committee working group(s)
- follow the WRSPC Terms of Reference while involved in any council project or assignment
- work in a manner that respects and follows the WRSCP mission, vision and value,
- maintain confidentiality

[Waterloo Region Suicide Prevention Council Brochure](#)



Did you know... Suicide is one of the leading causes of premature death in Canada.

## **Contact Us**

Waterloo Region Suicide Prevention Council  
Canadian Mental Health Association  
171 King Street South,  
Waterloo, ON  
N2J 1P7

Or Call: 519-744-7645 ext. 310 (leave a message)

***If you are feeling suicidal,***  
*please contact your local crisis line or go to the nearest hospital.*

You will find numbers in the front pages of the phone book or you can **search out your local crisis service by clicking here.**

The Waterloo Region Suicide Prevention Council (WRSPC) does not provide crisis intervention or counseling. If you are feeling suicidal or are in crisis, or know someone who is, please contact your local crisis line, mental health centre, hospital, or get in touch with your family physician.



## Waterloo Region Suicide Prevention Council

100 Wellington Street West, Waterloo, Ontario N2L 2Y5  
 Phone: 519-885-2222 ext. 2222 Fax: 519-885-2222 ext. 2223  
 Email: [info@wrsnc.ca](mailto:info@wrsnc.ca) Website: [www.wrsnc.ca](http://www.wrsnc.ca)

Did you know... Suicide is one of the leading causes of premature death in Canada.

### Links

#### Waterloo Region:

- [Community Information Centre of Waterloo Region](#)
- [Canadian Mental Health Association-Waterloo/Wellington/Dufferin](#)
- [Community Links \(CMHA\)](#)
- [Quick Find Pamphlet \(CMHA\)](#)
- [Lutherwood Children's Mental Health Services](#)
- [Victim Services of Waterloo Region](#)
- [Bereaved Families of Ontario Waterloo Region](#)
- [Bereavement Support](#)

#### Child and Youth:

- [Lutherwood Children's Mental Health Services](#)
- [KidsHelp Line](#)  
Toll free, national telephone counseling service for children and youth
- [Youth at Risk of Suicide](#)  
Information on youth at risk of suicide. It is targeted at people working with youth, parents and guardians and youth themselves.
- [Mind Your Mind](#)  
Resource for youth looking for information on mental health and stress management

#### Survivors/Bereaved Families:

- [Bereaved Families On-Line Support Centre](#)
- [Bereaved Families of Ontario Waterloo Region](#)
- [Therapists as Survivors of Patient Suicide](#)
- [Bereavement Support](#)

#### Suicide Prevention:

- [Centre for Suicide Prevention \(formerly SIEC\)](#)  
Excellent, all inclusive site that provides Canadian and international information on suicide prevention, training programs and research.
- [American Association of Suicidology](#)  
The American Association of Suicidology is an education and resource organization.
- [American Foundation for Suicide Prevention](#)  
The American Foundation for Suicide Prevention (AFSP) is dedicated to funding research, developing prevention initiatives and offering educational programs and conferences for survivors, mental health professionals, physicians and the public.
- [Suicide Awareness Voices of Education](#)  
Public awareness and education, eliminate stigma and serve as a resource to those touched by suicide.
- [Befrienders International Working to Prevent Suicide Worldwide](#)
- [Canadian Association for Suicide Prevention](#)
- [Ontario Suicide Prevention Network](#)
- [Suicide Prevention Network USA Inc.](#)

Dedicated to preventing suicide through public education and awareness, community action and federal, state and local grassroots advocacy.

- [World Health Organization Suicide Prevention](#)

## Statistics

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- [Stats Canada](#)
- [Statistics Ontario](#)
- [Statistics \( Provincial and District Health Council\)](#)

## Strategic Plans for Suicide Prevention

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- [Blue Print for Canadian Suicide Prevention Strategy](#)
- [USA National Strategy for Suicide Prevention](#)
- [National Suicide Prevention Strategy for England](#)
- [National Action Plan for Suicide Prevention Australia](#)

## Media Resources

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- [American Foundation for Suicide Prevention](#)  
Reporting on Suicide: Recommendations for the media
- [Samaritans Media Guideline](#)  
These media guidelines are aimed at those reporting suicide in any media from factual description to dramatic portrayal. They briefly outline suicide facts, media myths, signs of suicide risk and offer recommended phrases to use when talking about suicide.

## Mental Health

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- [Connex Ontario](#)  
Your first contact for help. Access to alcohol and drug, gambling and mental health services for the people of Ontario
- [Mental Health Service Information Ontario \(16+\)](#)
- [Canadian Mental Health Association](#)
- [Canadian Collaborative Mental Health Initiative](#)
- [Mood Disorders Society of Canada](#)
- [Schizophrenia Society of Canada](#)