



**WORLD SUICIDE PREVENTION DAY – SEPTEMBER 10, 2019**

September 10, 2019

Kelowna, BC – Central Okanagan Public Schools encourages staff, students, and our community to take note of World Suicide Prevention Day and learn about ways to prevent this major cause of premature death.

Suicide affects all ages, including our youth. Central Okanagan Public Schools urges families to talk openly about, and break the stigma associated with, mental health issues and suicide.

Central Okanagan Public Schools offer:

- School counsellors who meet with students and help provide the necessary resources
- Clubs and programs to support youth (e.g. diversity clubs, leadership clubs, peer counsellors/mentors etc.) allowing youth to help one another and promote wellness
- All middle/secondary schools have community partner supports come into the schools (e.g. Mental Health Clinicians, Drug and Alcohol Prevention worker, Drug and Alcohol Counsellors, Public Health Nurse and a Social Worker at Central School Programs and Services)
- Ways for students to get involved in their school and connect with one another (e.g. fine arts, performing arts, athletics, clubs etc.)

Central Okanagan Public Schools also has partnerships with Ministry of Children and Family Development (MCFD), Interior Health, ARC Programs and the Foundry.

If you have questions or concerns, ask for help and talk to your school Principal to access resources.

There is a variety of mental health resources at: <http://healthyshoolsbc.ca/category/11/positive-mental-health>

Resources for immediate support include:

Suicide crisis: 1-800-SUICIDE (1-800-784-2433)

Mental health issue: 310--6789 (24 hours)

In a crisis, youth can contact the Kids Help Phone at 1-800-668-6868 or text CONNECT to 686868.

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For comments, please contact:

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