

Suicide Prevention

With thousands of people losing their lives to suicide each year, it's time to take action! Help your loved ones, or those you know who show warning signs of suicide by dialing 988, or seeking help from

49,000
people died
of suicide in
2022

Conditions like
depression, anxiety,
and substance
problems are the
leading causes

Don't be afraid to
reach out to a
trained
professional!



WARNING SIGNS: KNOW HOW TO HELP

- Negative changes in behaviour or mood
- Withdrawal from loved ones
- Talking about immediate harm
- Talking about guilt, shame or anger

By: Siya Desai, Division 8

What is Voices for Change?

Lets work together to spread awareness for topics like suicide prevention, infant mortality, organ donation, healthcare appreciation

Saturday,
March 15th



12:00pm to
2:00pm

SCHEDULE

- 12:00 - 12:15 —> Opening Session
- 12:15 - 12:35 —> Organ Donation
- 12:35 - 12:55 —> Suicide Prevention
- 12:55 - 1:15 —> Infant Mortality
- 1:15 - 1:35 —> Healthcare Appreciation
- 1:35 - 1:45 —> Closing Session