

PREVENTING SUICIDE BY STRENGTHENING FAMILIES and CULTURE

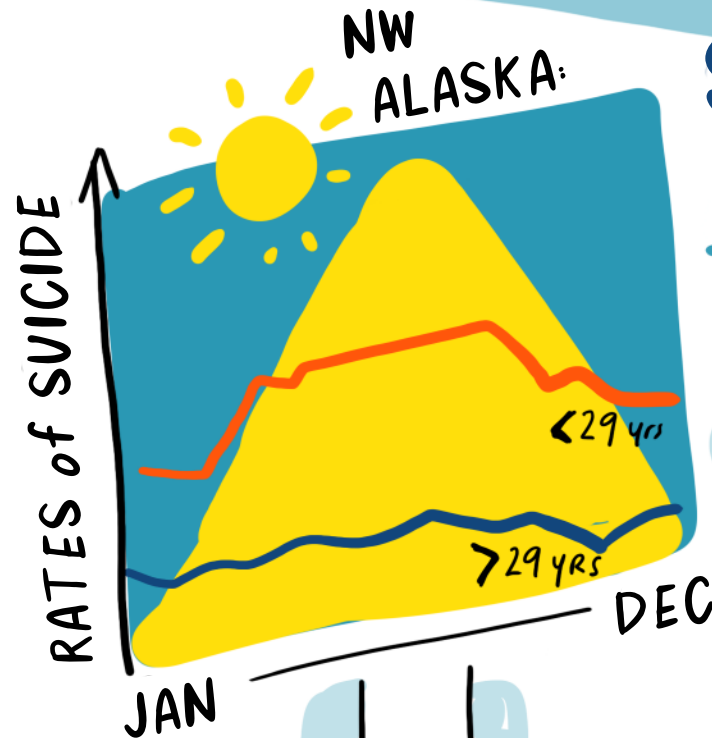


PC
CARES

- Community of practice meets for monthly learning circles
- Cultural wellness
- Prevention
- Grief and healing
- What to do in the aftermath of a suicide in schools
- Support for youth

BITE SIZED
INFORMATION

TO TAKE ACTION



OTHER FACTORS:

- Increased substance use in summer, increases impulsivity
- Traumas from winter to re-emerge
- Sleep changes- seasonally
- Lack of nutritious food

SUICIDE IS
SEASONAL:

- * Suicide peaks in the summer
- * WHAT ARE PROTECTIVE FACTORS of FALL/WINTER
- * SCHOOL COULD BE STABLE AND CONSISTENT BUT ALSO COLONIAL INSTITUTIONS

SMALL ACTS OF
KINDNESS!

PREVENTS
SUICIDE!

NON DEMANDING
ACTS

I SEE YOU!
smiling

AND
HEALING
OURSELVES
FIRST...

I'M HERE for
YOU

with
small acts
of
kindness

TALK about
SUICIDE PREVENTION...
SAFELY!

USE OUR HEARTS and
MINDS ANYTIME to HELP