



Canadian Mental
Health Association
Champlain East
Mental health for all

Association canadienne
pour la santé mentale
Champlain Est
La santé mentale pour tous

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Suicide is preventable

Mélanie Brulée lost her father to suicide when she was just 12 years old. Heartbroken, the girl turned to music. “It has always been an outlet for me,” she says. “It helps me work things out and move forward. I turned to music to deal with my own feelings, and it snowballed into a larger purpose.”

Today, [Brulée](#) is an accomplished bilingual singer and songwriter who uses her platform to promote conversation about mental wellness and suicide.

The World Health Organization estimates that about [700,000 people take their own lives](#) every year and many more attempt to do so. In Canada, an average of [11 people die by suicide every day](#), bringing the annual total to about 4,000. Suicide is the second leading cause of death among Canadians between the ages of 15 and 24. (The first cause is accidents and preventable injuries.)

Suicide is a serious problem, which is why mental health professionals celebrated when [World Suicide Prevention Day](#) was established in 2003. They emphasize that suicide can be prevented with better awareness of the problem and intervention.

Available help

Once you have identified someone in distress, you can take steps to prevent suicide. To start, you should ask if they are thinking about suicide. If they are, determine if they have a plan in place then listen to them while showing empathy and withholding judgment. Don't minimize their feelings and don't be sworn to secrecy. In fact, you should enlist the support of family and friends and seek help from professionals if necessary.

A family doctor could provide assistance as could a mental health professional. When suicide seems imminent, a visit to a hospital emergency room could be lifesaving. There are also services such as [one overseen by Suicide Prevention Coalition of Champlain East](#) and a crisis line overseen by the [Canadian Suicide Prevention Service](#).



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If you have identified someone at risk of suicide and need guidance to help them, you can sign up for a training program offered by [LivingWorks](#), an Alberta-based social enterprise company.

Brulée encourages people to help themselves and others when it comes to suicide prevention - and she plans to continue using her music to spread the word. "Rather than seeing myself as a victim of suicide loss, I'm seeing what happened as a bizarre gift," she says. "I have a platform to help others. It is my life's purpose now."

The information provided is not a substitute for professional advice. If you need advice, please consult a qualified health care professional. For further information or if you want to access our services at CMHA, please call 1-800-493-8271 or visit our web site at www.cmha-east.on.ca.