

Changing the Narrative on Suicide

(World Suicide Prevention Day on September 10, 2025)

The theme for World Suicide Prevention Day is **“Changing the Narrative on Suicide”**. The aim of the theme is to raise awareness about the importance of changing the narrative surrounding suicide and transforming how we perceive this complex issue. Changing the narrative requires systemic change. It’s about shifting from a culture of silence and stigma to one of openness, understanding, and support. ~ *International Association for Suicide Prevention*

Am I at Risk of Suicide?

Many kinds of emotional pain can lead to thoughts of suicide. The reasons for this pain are unique to each one of us, and the ability to cope with the pain differs from person to person. There are, however, some common causes that may lead us to experience suicidal thoughts and feelings. Some of the more common warning signs can include:

- **Withdrawing** from friends and social activities.
- **Lost interest** in activities that you were interested in or enjoyed doing.
- **Feeling hopeless**, having no reason to live, feeling like a burden to others, and/or feeling trapped.
- **Trauma:** Having experienced recent trauma or a life crisis such as a death of a loved one, divorce or break-up of a relationship, diagnosis of a major illness, and/or loss of a job or serious financial problems.

Suicidal ideation isn't always like flipping a switch. These thoughts may come on gradually over a period of weeks or months. There is no shame in seeking help. Talking to a loved one, counsellor, or therapist about such thoughts is the first step to overcoming them, strengthening mental well-being, and moving toward recovery.

For help with suicide crisis and prevention call the Southern Alberta Distress Centre at (403) 266-HELP (4357), Talk Suicide Canada at 1-833-456-4566, FCSS at 1-587-370-3728, or 911 if you or someone you know is in immediate danger.

FCSS Counsellors can support residents to navigate life's challenges. For more information about FCSS counselling services or to book an appointment, please visit our website at www.fcss.ca or call (587) 370-3728.



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