

**FOR IMMEDIATE RELEASE**  
September 10, 2021



**Canadian Mental  
Health Association**  
Prince Edward Island  
*Mental health for all*

***‘Supporting Children and Youth to Grieve After Suicide Loss’***  
**New Resource Kit to be Launched on World Suicide Prevention Day**

Charlottetown, PEI – September 10th is World Suicide Prevention Day (WSPD) in Canada and around the world. It’s a day to come together, offer comfort and support to those impacted by suicide, and to highlight important work that contributes to suicide-safer communities in PEI.

To mark this year’s World Suicide Prevention Day 2021 (WSPD), the Canadian Mental Health Association/PEI Division (CMHA/PEI) is introducing a new resource kit entitled, *Supporting Children and Youth to Grieve After Suicide Loss*. As the name suggests, the kit is designed to help guide and support parents and caregivers to have important conversations about suicide loss with children and youth who have experienced the death of a loved one to suicide.

CMHA’s manager of suicide prevention and life promotion, Pat Doyle, says, “Offering parents and caregivers user-friendly tools and resources to support children and youth to grieve after suicide loss can help them, and the family as a whole, to integrate that loss in a healthy way.”

Jocelyne Ludgate agrees. She lost her brother to suicide just over ten years ago and her family continues to work through the grieving process that is unique to suicide loss.

She says, “I had not talked to my children about Vince’s suicide death. They knew that my brother had died, but they didn’t know how or why. I didn’t know if I should talk to them about his suicide and, if I did, how would I start that conversation – I was not prepared.”

Ludgate goes on to add, “After a chance meeting, Pat offered me a children’s book, *‘What is Suicide Anyways?’* and it was a starting point for that important conversation with my son.”

Last year, Ludgate was invited to join CMHA’s Suicide Prevention and Life Promotion Committee and stepped up to work on developing a resource kit that included the book.

Along with the book, the new resource kit includes a Parent/Caregiver Booklet to help prepare them for the conversation, as well as both child and teen-friendly activity booklets. The kit is available in two formats; in hard-copy, and virtually on CMHA’s website so the materials can be printed off at home, as needed. While the book is not available for download, CMHA has ordered extra copies that can be mailed out to users, upon request.

CMHA will be hosting an online Zoom Event on Friday, September 10<sup>th</sup> from 12-1 pm AST to introduce the “Supporting Children and Youth to Grieve After Suicide Loss” kit. Doyle and Ludgate will be on hand to provide an overview of the kit’s contents, as well as other support options available to those impacted by suicide loss. To learn more or to register for the event, please visit CMHA’s Facebook page at [www.facebook.com/CMHAPEIDivision](http://www.facebook.com/CMHAPEIDivision)

CMHA encourages Islanders to find a way to recognize WSPD on September 10<sup>th</sup>. It could be participating in a WSPD event, connecting with someone who is struggling to cope with suicide loss, or displaying a tea-light or candle in a window at 8:00 pm as a symbol of the collective light and hope we have for suicide-safer communities in PEI and around the world.

For more information about WSPD activities or CMHA’s Suicide Prevention and Life Promotion efforts, please visit their website at <https://pei.cmha.ca/home/suicide-prevention/>

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