



**Canadian Mental
Health Association**
Windsor-Essex County

Community well-being is our sole focus.

**SUICIDE
AWARENESS**

September is
Suicide Awareness Month

MESSAGE FROM THE CEO

Fall is absolutely my favourite time of year! Fall is a time of change, new beginnings and renewal - it's a time to pause and take stock of where we've been, while also looking ahead to what we hope to achieve.

As I look back on my first six months as CEO, I want to express my gratitude for the warm welcome and for sharing your insights with me. Since stepping into this role, I've spent time getting to know the heart of our organization: our dedicated staff, clients, and community partners. Each interaction has highlighted the collective passion of everyone involved with CMHA. I'm excited about the wonderful future we are building together.



****Suicide Awareness Month****

In Windsor-Essex, September is Suicide Awareness Month. Working with our community partners, there are several events and activities scheduled to create awareness and support families who have experienced loss due to a suicide.

September 10th marks World Suicide Prevention Day, a day dedicated to raising awareness and working towards the prevention of suicide. At CMHA-WECEB, we are

committed to supporting those struggling with mental health issues. Remember, you are not alone. If you or someone you know is struggling, please reach out for support. Also, Canada has the "988" number available 24/7. A trained responder will listen without judgement, provide support and understanding, and can tell you about resources. The City of Windsor and Caesars Windsor were also lit up purple on this day.

There are [community walks](#) happening on **Sunday, September 29** at three locations. All are welcome to attend this free event.

Together, we can create a community that fosters hope, support, and understanding.

****New Initiatives and Programs****

Over the last several months, the CMHA Health Centre has been busy expanding primary healthcare services throughout our community. This includes rostering new clients who do not have a family doctor through our Health Centre located at 1400 Windsor Ave., development of Shelter Health and support for the Mobile Medical Support team. Working with our partners, we are connecting more people to primary healthcare. If you are in need of a primary care provider [click here](#) to complete the referral form.

A [new semester](#) at the Wellness & Recovery College began September 10. The WRC welcomes students interested in focusing on personal recovery and growth in the areas of mental health and addictions, and well-being. The College is open to anyone in the community, including those with lived/living experience and their caregivers. These free courses are provided in a safe, confidential, inclusive learning environment with a focus on building hope and empowerment. The lived experience of the Peer Support Worker helps to provide guidance, fosters a culture of hope, and reveals new possibilities and opportunities for students.

As we enter this season of change, I want to express my deepest gratitude to our staff, clients, community partners, and supporters. Let's continue to embrace change, both in the work we do and in the personal growth that comes with it. Together, we will create a brighter, healthier future for all.

Until next time,

Nicole Sbrocca

Chief Executive Officer



SEPTEMBER IS SUICIDE AWARENESS MONTH

The Canadian Mental Health Association, Windsor-Essex County Branch (CMHA-WECEB) and the Windsor Essex County Health Unit (WECHU), along with the partner organizations of the Windsor Essex County Suicide Prevention Coalition (WECSPC) launched the 9th annual Suicide Awareness Month on August 21.

Recognizing the significant public health issue that suicide is, the WECSPC partner organizations recognize and promote Suicide Awareness and Life Promotion throughout the month of September with a variety of awareness events, education and training, and an annual community walk. Caesars Windsor Cares is once again a sponsor of the month's activities.

"We live in a community where we support one another. Caesars Windsor Cares is proud to partner with the Canadian Mental Health Association and provide support to their Suicide Awareness Month and address the stigma associated with mental illness and suicide." stated Susanne Tomkins, Manager of Public Relations and Communications, Caesars Windsor.

Eleven people die by suicide every day in Canada, with each death impacting up to 135 others. Certain populations, including youth, Indigenous Peoples, and those in the 2SLGBTQIA+ community are at higher risk of dying by suicide. Help is available. The national 9-8-8 Suicide Crisis Helpline was launched in November 2023 and is available for individuals experiencing a mental health crisis or suicidal ideation, by calling or texting 9-8-8 24-hours a day, seven days a week. Locally, individuals may also call the 24-hour Crisis Line at 519-973-4435.

The annual community walk will be taking place on Sunday, September 29. Hundreds are expected to gather in memory of those lost to suicide, in support of those who may be struggling, and to fight the stigma around suicide and mental health.

The walk starts at 9:30am at the St. Clair College SportsPlex, located at 2000 Talbot Road West, Windsor. Participants have the option of doing a 2K or 5K walk. It is open to the general public, pet friendly and is free of charge. In addition, 5km walks will also take place from the Atlas Tube Recreation Centre's Earth Walk Trail in Belle River and starting at St. Paul's Lutheran Church into Seacliff Park in Leamington.

For those that wish to fundraise in support of suicide prevention education and training, we will be offering some great incentives:

- Raise \$100 and receive a \$10 virtual Tim Hortons gift card
- Raise \$250 and receive a 2024 SAM T-shirt
- Raise \$500 and receive a Sole Focus Project prize pack

Complete details can be found online at:

<https://raceroster.com/events/2024/92919/sam-walk-2024>

"Suicide Awareness Month not only increases public understanding but also mobilizes efforts to prevent suicide through education, advocacy, and community support. Raising awareness can help reduce the stigma associated with mental health issues and encourage those struggling to seek help, ultimately saving lives," says Nicole Sbrocca, CEO, CMHA-WECB.

UPCOMING EVENTS



Suicide Awareness Month Community Walk

Sunday, September 29, 2024

St. Clair College SportsPlex
Atlas Tube Recreation Centre
St. Paul's Lutheran Church

[Register Here!](#)



Check In, Don't Check Out with Corey Hirsch

Wednesday, October 9, 2024

Serbian Centre

[Purchase Tickets](#)



Healthy Workplace Month
Join us for valuable webinars!

[October 2](#)
[October 16](#)
[October 30](#)



Mental Health First Aid

October 25, 2024
December 3, 2024
[Register today!](#)

MONTHLY GIVING

Did you know that you can make a monthly contribution to CMHA-WECB? A monthly contribution helps to ensure support and sustainability for programs that receive little to no government funding, including:

- Client Assistance Fund & Comfort Closet
- Wellness & Recovery College
- Bereavement Program
- Mental Health Promotion

Making a monthly gift is easy! Navigate to the [Canada Helps website](#) and choose "donate monthly". We thank you for your support!

[Donate Now](#)

[Become a Member](#)

**Canadian Mental Health Association
Windsor-Essex County Branch**

Main Office:

Monday - Friday: 8:30am - 4:30pm



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