



September 8, 2014

CMHO Marks World Suicide Prevention Day

Suicide continues to be the second leading cause of death among 10-24 year olds in Canada. Untreated mental illness – depression, in particular – is the leading risk factor for suicide.

Each year *World Suicide Prevention Day* is marked on September 10th, a day that brings together individuals and organizations with an interest in suicide prevention, and mobilizes efforts to save lives.

“We need to be open and we need to be educated. Let’s remove the stigma associated with suicide and start talking about it”, said **Kim Moran, President and CEO of Children’s Mental Health Ontario (CMHO)**. “Less stigma will lead to earlier identification of mental health problems that could lead to suicide, and earlier intervention will result in more effective treatment.”

For every young person who has died by suicide, there are thousands more having thoughts of suicide and attempting suicide: a recent study found that one in ten students in grades 7 through 12 reported that they had seriously considered suicide, and about 3% reported attempting suicide. Furthermore, suicide among Aboriginal youth is estimated to occur at rates five times higher than Non-Aboriginal youth.

One in five children and youth has a mental health issue severe enough to seriously affect their daily functioning at home, school or within the community. The importance of early intervention is critical so that young persons have the best possible chance at succeeding in all aspects of their life.

Kim Moran, President and CEO of Children’s Mental Health Ontario, is a child and youth mental health sector expert. She is available for **media interviews** on the topic of suicide prevention and other mental health issues affecting children and youth.

To schedule an interview with Ms. Moran please contact Christine Pelletier, Manager of Communications, CMHO, at (416) 921-2109 ext. 130 or christine@cmho.org

To mark World Suicide Prevention Day, CMHO will host a **Twitter chat** at **@kidsmentallhth** from 11AM - 3PM using the hashtag **#WSPD14**. Our goal is to support youth and families by sharing valuable information on suicide prevention.

CMHO has a current membership of 87 children’s mental health centres across Ontario. Each centre has trained professionals who provide support and treatment to young people facing mental health issues. To **find a CMHO centre** in Your Community click [here](#).