

Organizing a Suicide-Prevention Activity

The NRBHSS will support community initiatives that celebrate life and help protect people from suicide, with activities that:

- Connect people in the community (eg: activity for elders & youth).
- Help people cope with stress (eg: yoga, self-care, healing circle, men's group).
- Promote Inuit culture and language (eg: storytelling, activity on the land).
- Celebrate life (eg: games night, community feast, activity on the land, recognition of accomplishments)

Tips to Link your Activity with Suicide Prevention



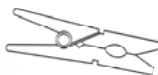
- Encourage guests to invite someone who would not usually participate because they might be shy, have no lift, or haven't gone out in a while.



- Talk about how Inuit traditionally used games and gatherings to help get through hard times. During the activity, point out that our burdens are lifted when we spend time together.



- Remember that Inuit are here today because Inuit ancestors persevered. Talk about the Inuit values that provide a foundation for embracing life.



- At the event, hand out the "You are important to me" pins and the resource cards to let people know where they can get help.

Activity: Generations

Adapted from: Qungasvik Toolbox (2009). Center for Alaska Native Health Research.

This activity encourages communication and respect between generations, and helps youth know more about where they come from.

Create 4 different tables, and ask people to sit with others in their age group:

- Age 20 and under
- Age 21-40
- Age 41-60
- Age 60+

Ask each group to answer the following questions. Provide paper and markers for them to write their answers.

Think back to your life when you were 15 years old...

- What did you do for fun?
- What kind of food did you eat? What special treats did you look forward to?
- What chores or responsibilities did you have?
- What were your goals and dreams?
- Add other questions if you like...

Ask each group to share their answers. Talk about the similarities and differences. What challenges did youth have in the past? What challenges do youth have today?



Activity: Community Connections

This activity shows how we are all connected and that every individual has a role.

Making a web:

- Ask the group to stand or sit in a circle.
- The leader holds a ball of yarn or string.
- Name something that is important to you (family, sports, music, camping, etc.)
- Ask if anyone else in the group shares the same value.
- Hold onto one end of the yarn, then throw the ball of yarn to someone who shares the same value.
- The person who catches the ball then loops the yarn around their finger and mentions something that is important to them. They then throw the ball of yarn to someone who shares that same value.
- Continue until everyone is holding a piece of yarn (it is ok if some people catch the ball more than once.)

Learning from this web:

- Point out how everyone in the community is connected.
- Ask someone to drop a piece of yarn. Ask the group how the web changed? Why did it change? (repeat this step a few times if you like).
- Talk about how this compares to real-life relationships, and how everyone is important in the community.
- At the end of the activity, participants can cut a small piece of yarn to take home and remind them of their connection.

