

Suicide Prevention Resources

Suicide is one of the top 10 causes of death in Canada. It's a serious public health problem with lasting, harmful effects on individuals, families, and communities. Evidence has indicated that one of the most common risk factors for suicide is a diagnosis of a mental health problem or illness.

Fortunately, programs and strategies are available that can make a difference.



**Learn more at
[mentalhealthcommission.ca/
what-we-do/suicide-
prevention/](https://mentalhealthcommission.ca/what-we-do/suicide-prevention/)**



Mental Health
Commission
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la santé mentale
du Canada

