

LIFE IS WORTH LIVING PRESENTS

An Open Discussion on Suicide
and Mental Health Awareness

LIFE IS WORTH LIVING

Life is Worth Living is a non-profit organization dedicated towards spreading awareness and decreasing the stigma surrounding mental illness and suicide. After the Kennedy sisters lost their older sister, Brianne, to suicide at the young age of 19, they began to share their story in hopes of preventing other families from losing a loved one to suicide.



ABOUT THE SPEAKER



Callie believes each and every one of us has a story that relates to mental health or suicide and it is time we are able to speak openly about them. She began sharing her story at the age of 15 and has been speaking publicly for almost 13 years. Brianne showed her how to be brave and how important her words are. She hopes through Life is Worth Living that she can show you the same.

TOPICS DISCUSSED

Callie shares the story of losing her sister to suicide and how it has impacted her and her family. She educates her audience on recognizing warning signs of suicide and how to help connect someone who is feeling suicidal with the proper resources. To close off, she ends on a positive note by focusing on the importance of managing your mental health and self-love.



RESOURCES AVAILABLE



Emergency Services: 9-1-1
Professional Health Advice & Mental Health Support: 8-1-1
211 Saskatchewan: 2-1-1 / www.sk.211.ca
Crisis Services Canada: 1-833-456-4566
Canadian Mental Health Association: www.CMHA.ca
Kids Help Phone: 1-800-668-6868
Text "Connect" to 686868
www.KidsHelpPhone.ca

CONNECT WITH US

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