



MEDIA RELEASE

September 10, 2009
For Immediate Release

The Honouring Life Network launches Suicide Prevention Video Contest

OTTAWA, ON — In celebration of World Suicide Prevention Day, the Honouring Life Network (HLN), a project of the National Aboriginal Health Organization (NAHO), announced an exciting new contest for First Nations, Inuit and Métis youth.

The initiative, called the HLN Suicide Prevention Video Contest, is open to First Nations, Inuit and Métis youth between the ages of 17 to 30. Youth are encouraged to submit a short video to the HLN YouTube channel that represents their creative expressions, experiences, thoughts, and initiatives regarding suicide prevention and awareness. Video cameras are being provided by the HLN if youth are unable to supply their own equipment.

“There is an urgent need to address the crisis number of youth suicides that are occurring in many First Nations, Inuit and Métis communities,” said NAHO Chief Executive Officer Dr. Paulette C. Tremblay. “We need to encourage and facilitate positive dialogue with our youth to increase protective factors and decrease the stigma and shame associated with suicide”.

The HLN is a Web site that offers culturally relevant suicide prevention resources and information to First Nations, Inuit and Métis youth and youth workers.

The goal of this project is to raise awareness of the alarming rate of youth suicides occurring in First Nations, Inuit and Métis populations by encouraging youth to speak out about suicide prevention awareness to a national audience.

According to Health Canada, the rate of suicide among First Nations and Inuit youth are between three and 11 times higher than the national average. While overall rates have declined in the general population, First Nations and Inuit populations are experiencing an increase in the number of young people who are ending their own lives.

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