



THE CASEY PROJECT

The Casey Project has been developing since 2001 as a way to make the suicide death of our son Casey be more than just a statistic. In that year 3,692 Canadians died by suicide. Our son Casey Stephen Bent was one of them.

Once I became a "normal thinking" person again, I realized that I could no longer be the person that sits back and does nothing about the problems that are in our world. I must be a person that tries to do something about suicide.

When I received an e-mail telling me that September 10th, 2005 was World Suicide Prevention Day, and asked me what I was going to do about it in my community; I knew that I would be organizing a walk for that day even if I was the only one walking. That was the beginning of "Walk About Suicide" which will be held yearly on the second Saturday of September in recognition of World Suicide Prevention Day.

The Casey Project is my way of doing some good in my community in honor of our son. It is a way to bring suicide awareness to our community. Maybe, one person will find that people do care and that there is help for those who ask for it.

I don't want another mother to open the door to a policeman who is about to tell her that her son was found dead by his own hand.

Yours truly,
Mary J. Bent

Did you know that every year in Canada, app. 4000 people complete suicide? This figure makes suicide one of the top ten causes of death in Canada, for all ages.

Experts believe that most suicidal individuals do not want to die. They just want to end the emotional and or physical pain they are experiencing.

Experts also know that suicidal crises tend to be brief.

When suicidal intent or risk is detected early, lives can be saved.

Taken from the
Canadian Mental Health Assoc. - Kings
County Stigma Hurts - Stop It! Campaign

Suicide - - - Although suicide results from many social and cultural factors, mental illness is almost always involved. Suicide is one of the leading causes of death in Canada. Each year, app. 4,000 Canadians take their own lives. Everyone has a role to play in preventing suicide. The stigma towards mental illness stops people from seeking help.

Stigma hurts - STOP IT !





Some warning signs that a person may be suicidal include:

- repeated expressions of hopelessness, helplessness, or desperation,
- behaviour that is out of character, such as recklessness in someone who is normally careful,
- signs of depression - sleeplessness, social withdrawal, loss of appetite, loss of interest in usual activities,
- a sudden and unexpected change to a cheerful attitude,
- giving away prized possessions to friends and family,
- making a will, taking out insurance, or other preparations for death, such as telling final wishes to someone close,
- making remarks related to death and dying, or an expressed intent to commit suicide. An expressed intent to commit suicide should always be taken very seriously.

Donations are greatly appreciated and can be directed to:

CMHA Kings County
C/O The Casey Project

PO Box 894, Kentville, NS, B4N 4H8

Payable to: CMHA Kings County

Locations to contact for assistance:

The Casey Project Suicide Support Group

Mary Bent (902) 678-1345

Kentville Mental Health Clinic

(902) 678-7183

Ex. 2870 ~ Adult Ext. 2873 ~ Child

Middleton Mental Health Centre

Soldier's Memorial Hospital (902) 825-4825

Canadian Mental Health Association

Kings County (902) 679-7464

Victory Over Violence

Emergency Teen Shelter (902) 678-2323

The Red Door

Youth Health Resource & Support Centre

(902) 679-1411

Mothers United in Memory

Mary Bent (902) 678-1345

Kids Help Line

1-800-668-6868

Parents Help Line

1-888-603-9100

Chrysalis House

Shelter and Outreach for abused women

(902) 679-1922 or 1-800-264-8682

Bully Hot Line

310-talk (310-8255)

Emergency Service

Valley Regional Hospital Emergency Room

or

phone 911



SUICIDE AWARENESS

The Second Saturday of September is
Suicide Prevention Day

Take part in your local
"WALK ABOUT SUICIDE"

In recognition of
World Suicide Prevention Day
(September 10)

For more information go to
<http://www.nsnet.org/caseyproject>
Or phone 1-902-678-1345

Thank you to:
Canadian Mental Health Assoc. Kings County
Kentville Police Service
RCMP—New Minas
Rotary Club—Kentville

