

SPEAC

School Presentation Information



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Suicide Prevention, Education and Counselling (SPEAC) is happy to provide prevention and education presentations free of charge to our partners in the Surrey and Langley school districts, as well as private schools in Surrey, Langley, and White Rock.

Facilitated by Masters level counsellors experienced and trained specifically in the areas of suicide prevention, intervention, and treatment, our school presentations cover material based on current research and best practices in the field of suicidology and youth suicide prevention, and offer resources and practical tips to empower youth to help themselves and their peers.

The 45-80 minute presentation is interactive and includes significant classroom discussion. It is delivered using youth-friendly language and is appropriate for students in grades 7 to 12. Material includes common myths about suicide, basic suicide risk factors and warning signs, the first steps to take after learning someone is considering suicide, and available community resources.

After attending this presentation, youth will:

- Understand the prevalence and scope of youth suicide in British Columbia.
- Be able to differentiate between many common myths and facts surrounding suicide.
- Know and be able to identify basic risk factors for suicide and warning signs that someone may be considering suicide.
- Feel empowered to help their peers by connecting them to appropriate support resources.
- Learn about many community resources available to them and their peers.

We understand that suicide can be a difficult topic for some to discuss. Part of this is due to misunderstanding, stigma, and discrimination surrounding suicide and mental illness, which presentations such as these help to decrease. While suicide is a very serious topic, we take care to facilitate our presentations in as light a manner as possible, emphasizing prevention and hope.

All presentations are booked on a first come, first served basis and are scheduled to best accommodate therapists' individual case loads. We therefore encourage you to book several months in advance, and to be as flexible as possible with dates/times. As dedicated therapists working with a uniquely challenging population, we appreciate your understanding of our commitment to prioritizing our clients' needs above all else.

Please don't hesitate to contact us with any questions you may have, or to discuss the ways we can help to support you and your school community!

For more information, or to discuss booking a workshop, please call Options Community Services at 604-584-5811 and ask for a SPEAC intake worker.

The SPEAC program at Options Community Services provides suicide risk assessment and short-term counselling for children and youth living in Surrey, Langley, and White Rock who are at risk of suicide. For more information, call 604-584-5811 and ask for a SPEAC intake worker.