



VOLUME 3

SEP 2025

A2 LIONS CLUB

YOU ARE NOT ALONE:  
TOGETHER FOR SUICIDE  
PREVENTION



A2 MIND

MATTERS

MENTAL HEALTH  
NEWSLETTER

SHINING A LIGHT ON HOPE, HEALING, AND COMMUNITY



# Meet THE EDITOR

Sharmmila Rajkumar

Dear Lions of A2,

This September, we turn our attention to a deeply important topic—suicide prevention. It is a reminder that behind every smile, there may be a struggle we cannot see. Together, through compassion, conversation, and community support, we can help break the silence and offer hope. Let us continue to stand side by side, creating safe spaces where no one feels alone in their journey.

In service and solidarity,

Sharmmila Rajkumar

District Chair – Lions Quest / Mental Health Initiatives



## Do you have a story to tell?

A personal experience with mental health?


Tips that helped you cope or support someone in need?

We'd love to hear from you.

### What You Can Share:

- Personal mental health journeys (with or without your name)
- Reflections or poems
- Artwork or photography
- Helpful resources you've discovered
- Club events promoting emotional wellness

lion@sharmmila.com 

 Let's inspire, encourage, and lift each other up – one story at a time.!

289 - 887 3217





# Breaking the Silence: Talking About Suicide Saves Lives

Each year, thousands of Canadians die by suicide, leaving behind shattered families, friends, and communities. But suicide is preventable – and the first step is talking about it.

## Why Talking About It Matters

Silence breeds stigma. For many, suicidal thoughts come with a heavy burden of shame and isolation. By opening up conversations about suicide, we let people know it's okay to speak up. It's okay to ask for help. It's okay to not be okay.

## Know the Warning Signs

Suicide often doesn't "look" the way we expect. The strongest-looking people can be the most silently overwhelmed. Here are some signs to watch for in yourself or others:

- Expressing feelings of hopelessness or being a burden
- Withdrawing from friends, family, or activities
- Increased use of alcohol or drugs
- Changes in sleep or appetite
- Saying things like "I can't go on" or "You'd be better off without me"
- Giving away belongings or saying goodbye

💡 If you notice these signs, don't wait. Start the conversation.





## Myth vs Fact

**Myth:** Talking about suicide puts the idea in someone's head.

**Fact:** Talking about suicide actually reduces the risk. It shows you care and opens the door to getting help.

**Myth:** Only people with diagnosed mental illness consider suicide.

**Fact:** Anyone can feel overwhelmed at any time – even those who seem "fine" on the outside.

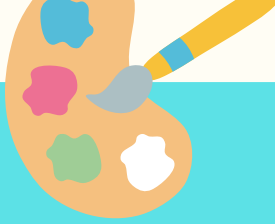
## How to Support Someone

You don't have to have all the answers. Just be present.

Here's how you can help:

- Ask directly: "Are you thinking about suicide?" (It won't make things worse – it shows courage and care.)
- Listen without judgment: Let them speak. Don't rush to "fix" it.
- Don't leave them alone: If they're in crisis, stay with them until help is available.
- Connect them with support: Offer to help find a counsellor, doctor, or helpline.





## There is Always Hope

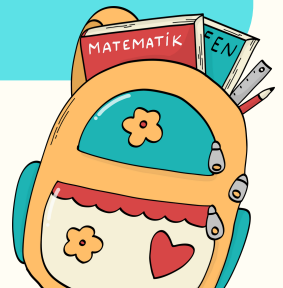


Many people who once considered suicide are now thriving – because someone reached out, listened, and offered hope. If you're struggling, know this: "The world is better with you in it. Please stay." You're not alone, and there's help available. Healing takes time, but it begins with one brave step – a conversation.



I once saw a woman sitting at a bus stop, a tear in her eye and a distant look on her face. I walked past her at first, but something didn't feel right. I turned back and gently asked if she was okay. She wasn't. We ended up going for coffee and sharing a heartfelt conversation. The next day, she messaged me to say thank you – she had been sitting there thinking about ending her life, and that moment of kindness changed everything.

"I've seen how powerful a simple check-in can be. Sometimes all it takes is one message, one phone call, one moment of care to pull someone back from the edge. Let's be that moment for someone."  
– Sharmmila Rajkumar, A2 Lions Mental Health Chair





**District A2 Lions event in support from LCIF DCGrant**



# STOP BULLYING! SPEAK UP NOW!

## MENTAL HEALTH WORKSHOP



Guest Speaker

**Dimple Arora**

B.Math, B.Ed, R.H.N

Dimple is a trauma-informed certified life coach, holistic nutritionist and emotional freedom technique (EFT) practitioner with over a dozen certifications in mind body medicine, including mental health emergency first aid.



**Free Event**

**OCTOBER 5<sup>TH</sup> 2025 | 2-5 PM**

**FISHERVILLE LIONS HALL**

**16 MAIN AVE W, FISHERVILLE, ON N0A 1G0**

**CONTACT 289 887 3217 FOR MORE INFO**





# 5-Minute Mental Health Activity



## The "Check-In Chain"

### A Simple Message Can Save a Life

In a world that's always busy, it's easy to assume that the people we love are okay – especially when they seem strong on the outside. But sometimes, even the brightest smiles are hiding deep pain. This month, we're encouraging you to start a "Check-In Chain." It only takes a few minutes, but it could change – or even save – someone's life.



### How to Do It:

1. **Choose 3 People** – Think of three people you haven't spoken to in a while. Maybe a friend going through a hard time, a co-worker who's been quiet, or even someone you simply miss.
2. **Send a Message Like This:** "Hey, I just wanted to check in. You crossed my mind today. How are you doing, really? I'm here if you ever want to talk."
3. **Follow Up If You Can** – If they respond, don't rush the conversation. Be present. You don't need to fix anything – just listen.
4. **Encourage Them to Pass It On** – Invite them to check in on three more people. This creates a ripple of care – a "check-in chain" that can reach far beyond what we imagine.



## Why this Matters



- Connection heals.
- Loneliness is one of the most silent risk factors in suicide. A simple message can remind someone they are seen, heard, and valued.
- You don't have to be a therapist.
- Just being there is powerful. Small gestures make big impacts.
- It's a habit worth keeping.
- You may find that the more you reach out, the more supported you feel too.

## Bonus Tip

Save this text to use anytime:

"Hi [Name], you popped into my mind today. Just wanted to say I'm here if you ever need a friend to talk to. Hope you're okay."





■ Helpful App of the Month



# Finch – Self-Care Pet

Your mental health companion, one fluffy step at a time

If you've ever wished self-care felt a little less like a chore and a little more like cuddling a virtual pet – Finch might just be the app for you. This adorable self-care app lets you raise a tiny bird-like creature called your Finch, who grows stronger and happier as you take care of yourself. Whether it's drinking water, stretching, journaling, or setting small goals, your Finch cheers you on with every step.

## What We Love:

- Gentle daily check - ins with mood tracking
- Build-your-own goals – from "walk for 10 mins" to "say something kind to myself"
- Soothing breathing exercises, affirmations, and calming music
- Positive reinforcement – your Finch gets excited every time you take care of you!
- No pressure, no shame – just encouragement and cute outfits

## Mental Health Benefits:


- Helps build healthy habits without overwhelm
- Supports mindfulness and emotional reflection
- Makes difficult days feel a little lighter with kindness and fun


Fun, comforting, and truly helpful for all ages – especially if you're the type to forget to care for yourself but never forget to feed your virtual pet!

# Reach Out: Mental Health Helplines & Support Networks

## Immediate Help in a Crisis

talk Suicide Canada

 1-833-456-4566 (24/7)

 text: 45645 (4 PM – 12 AM ET)

 [talksuicide.ca](https://talksuicide.ca)

9-8-8: Suicide Crisis Helpline

 Call or text: 988


(24/7, free and confidential)

 Nationwide access

## Mental Health Support Lines

- Wellness Together Canada


 [wellnesstogether.ca](https://wellnesstogether.ca)

 1-866-585-0445

(talk to a counsellor, 24/7)


 text: "WELLNESS" to 741741

ConnexOntario (for mental health, addiction, and gambling)

 1-866-531-2600 (24/7)

 [connexontario.ca](https://connexontario.ca)


 Kids Help Phone

 1-800-668-6868 (24/7, for youth)

 text: "CONNECT" to 686868


 [kidshelpphone.ca](https://kidshelpphone.ca)


Hope for Wellness Helpline (for Indigenous peoples)

 1-855-242-3310 (24/7)

 Chat: [hopeforwellness.ca](https://hopeforwellness.ca)

LGBT YouthLine


 1-800-268-9688

 text: 647-694-4275

 [youthline.ca](https://youthline.ca)

## Therapy and Community Services

BounceBack Ontario

 Self-guided CBT program for anxiety and depression

 [bouncebackontario.ca](https://bouncebackontario.ca)

211 Ontario

 Dial 2-1-1

 [211ontario.ca](https://211ontario.ca)

For finding mental health, housing, food, and community programs





# DAILY

DATE : \_\_\_\_\_

S M T W T F S

## Planner



### TODAY'S FOCUS

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### TO DO LIST

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### PRIORITIES

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### NOTES :

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### MY MOOD TODAY :

