

Aboriginal Youth Suicide Prevention Strategy



Having thoughts of suicide is a normal reaction to stressful and painful events in our lives.

Keeping these thoughts to yourself puts your life in danger!

You are not alone; up to 9% of any population has thoughts of suicide, that's about 810 people in Kahnawake.

Let's keep it merely a thought by talking to family, friends and your health care workers.

“Every life is precious and has a purpose in our society”

A message brought to you by KSCS and Health Canada