



NEED2 Suicide Prevention, Education & Support is a small but mighty non-profit with the express purpose of saving lives - particularly those of youth - from being lost to suicide. We hold as our Mission Statement:

"We work every day to prevent deaths by suicide through our community programs and our online presence. We provide accessible emotional and crisis support by engaging the community and advancing the dialogue."

This work is done through three main programs:

- **Youthspace.ca, digital crisis line service (operating since 2008)**
 - Every night of the year trained volunteers respond to youth over instant messaging and text messaging, providing listening support when young people might feel like they do not have anyone else to talk to.
 - Support includes active listening, risk assessment, planning together for safety, and contact with emergency services if necessary. Service is provided in a way that is as welcoming and accessible as possible to youth of all abilities and backgrounds. As well, this service is an entry point to email counselling and a mobile crisis team (provided through partnerships with other Greater Victoria area services).
 - In 2018-2019, 130 volunteers supported youth in over **6400** chats, with about **25%** of chats involving some element of suicide risk assessment.
- **Suicide Education & Awareness (SEA) Program (operating since 1996)**
 - Staff and volunteers deliver presentations to grade 8 and 10 students in the four main school districts of Greater Victoria. Presentations cover stress, distress, the signs of suicide, and how youth can help themselves and others. As well, a post-presentation survey helps connect youth to school counsellors for assistance.
 - In 2018-2019, this program reached over **3500** students in Greater Victoria, with **one in sixteen** being connected with a school counsellor for further help.
- **Mindfulness for Middle Schools Program (operating since 2015)**
 - Grade 6 and 7 students are given 3 hours of interactive mindfulness instruction over the course of six sessions. NEED2 believes in a strength-based learning approach, inviting students into an open dialogue, encouraging curious participation by providing emotionally safe, inclusive, youth-centered exploration.
 - In 2018-2019, almost **800** students received this program, with many reporting that they began to try mindfulness as a way to cope with difficult feelings and to “respond instead of reacting”.

NEED2 Suicide Prevention, Education & Support is the only agency in the Capital Regional District (CRD) that has a focus on suicide education and prevention specifically. NEED2's programs are woven together to help young people get through the difficult moments. NEED2 functions with the foundational belief that preventative care and crisis-level support - as well as everything in between - are necessary to prevent deaths. This means collaborating with other local services to ensure that youth don't fall through the cracks, and are served by many different services in a way that is responsive to their needs.