

FOR IMMEDIATE RELEASE

Distress Centre Niagara Marks World Suicide Prevention Day After Supporting 14,000 Contacts Annually and Contributing to 988 Suicide Crisis Helpline's Millionth Response

St. Catharines, ON | September 10, 2026

Distress Centre Niagara is inviting members of the community to come together for its 21st Annual Suicide Awareness Gathering on Thursday, September 10, 2026, in recognition of World Suicide Prevention Day.

The annual event will be held at the Grantham Lions Club, 732 Niagara Street, St. Catharines. Doors open at 6:00 p.m., with speakers beginning at 7:00 p.m.

For more than two decades, the Suicide Awareness Gathering has provided a safe and supportive space for individuals, families, friends, and community members affected by suicide to come together in open conversation. The event emphasizes the importance of reducing stigma, promoting understanding, and reminding people that support is available.

The gathering also highlights the ongoing need for suicide prevention, crisis support, and mental health resources in Niagara. Distress Centre Niagara responds to more than **14,000 contacts each year** through its crisis support services, providing free, confidential assistance to individuals experiencing emotional distress, loneliness, mental health challenges, and suicidal thoughts.

Since joining the **988 Suicide Crisis Helpline**, Distress Centre Niagara has become part of a nationwide network of crisis centres working together to ensure Canadians have access to immediate support when they need it most. Collectively, the 988 network has responded to **more than one million contacts**, demonstrating both the growing awareness of the service and the critical need for accessible crisis intervention.

"Every contact represents a person reaching out for hope, connection, or support," said Stacy Terry Executive Director of Distress Centre Niagara. "This event reminds our community that suicide prevention is everyone's responsibility and that help is available. Through awareness, education, and open conversation, we can reduce stigma and encourage people to seek support before a crisis becomes overwhelming.

The evening will include guest speakers, community resources, a memorial candle-lighting ceremony, a community walk, and an optional pre-ordered catered boxed dinner.

Registration: <https://tinyurl.com/2026suicideawarenessevent>

MEDIA CONTACT

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