

# kanopy

Programming Guide:

**SEPTEMBER 10, 2020**

## SUICIDE PREVENTION DAY

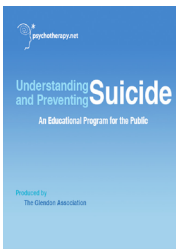


### **A Life Worth Living: Suicide Prevention in Native American and First Nations Communities**

Today, there are aboriginal communities across the country that are making a difference. "A Life Worth Living" looks at the suicide issue amongst First Nations from a historical and cultural perspective and presents positive examples of native-run programs. We see aboriginal groups who incorporate traditional teachings and cultural values, raise suicide awareness through a cross-country walk, create youth programs and training the trainer workshops.

[kanopy.com/video/life-worth-living](https://kanopy.com/video/life-worth-living)

---



### **Understanding and Preventing Suicide**

How can you know if your family member or friend may be suicidal? How do you recognize the warning signs? How can you help? This video program for the public describes the risk factors and warning signs of suicide and offers guidelines from experts in suicide prevention and treatment for getting troubled loved ones to the professional help they need. You'll also hear from three individuals who have made serious suicide attempts and lived, as they share their remarkable stories of self-destructiveness, survival, and recovery

[kanopy.com/video/understanding-and-preventing-suicide](https://kanopy.com/video/understanding-and-preventing-suicide)

---

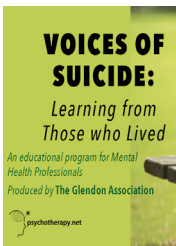


### **What Haunts Us**

After the 7th suicide of a former classmate, one woman turns to the past to uncover the truth of a scandal that haunts Charleston to this day.

[kanopy.com/video/what-haunts-us](https://kanopy.com/video/what-haunts-us)

---



### **Voices of Suicide: Learning from Those who Lived**

In this documentary style educational program for mental health professionals, interviews from expert psychologists provide important insights into the relationship between early developmental experiences and the later psychological states that lead to suicidal behavior. This video is an invaluable resource for mental health professionals to understand the minds of suicidal individuals and the elements necessary for successful treatment and recovery.

[kanopy.com/video/voices-suicide](https://kanopy.com/video/voices-suicide)

---



### **Here One Day: A Family Copes with Mental Illness**

When filmmaker Kathy Leichter moved back into her childhood home after her mother's suicide, she discovered a hidden box of audiotapes. Sixteen years passed before she had the courage to delve into this trove, unearthing details that her mother had recorded about every aspect of her life from the joys and challenges of her marriage to a State Senator, to her son's estrangement, to the highs and lows of living with bipolar disorder.

[kanopy.com/video/here-one-day](https://kanopy.com/video/here-one-day)