

From the Depths of Despair Comes Hope

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Category: [Health & Medicine](#)

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MONTREAL, QC – The line between tragedy and opportunity is a fine one – one which Montreal-based Interdisciplinary artist Kenneth Hemmerick has gingerly tread. A failed suicide attempt turned into a labour of love and a passion for helping others, which has culminated in the launch of the Suicide Prevention Help Web site.

“Over 20 years ago, I swallowed 120 pills at once, at a time when I thought I couldn’t go on,” Hemmerick explained. “I survived and was given a reprieve. Having been to the bottom of despair and slowly working myself back, I wanted to share my experiences with others who may be experiencing similar thoughts and feelings.”

“The Suicide Prevention Help Web site is a collection of the best resources out there so people can see they’re not alone, there are alternatives, and – most importantly – that there are people out there who do care.”

The site is the result of years of research and effort. During this period, Hemmerick has received feedback and letters from countless people who are either suicidal or have been impacted by the effects of suicide. His site, along with the various support materials included therein, has been augmented by his personal experiences.

“I’m not a doctor. I’m not a licensed counselor. I’m just someone who has experienced this first-hand and is aware of what I needed to get me to where I am now,” he said. “There is a wealth of great information out there and I just wanted to make it easy for people to find it.”

With literally thousands of sites arranged in 118 categories, the site offers easy navigation so that people can find the information they need that relates to their specific situation. “Suicide impacts every one of us, regardless of race, gender, religion, or social status,” Hemmerick said. “The key thing is people getting the information they need, when they need it.”

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Suicide Prevention Help is a robust website that offers a Friendship Letter for those who are despairing and thinking about suicide, and a global Web directory of literally thousands of carefully selected and easy-to-find suicide prevention resources

from around the world.

Suicide Prevention Help

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