



My son, Adam, died from suicide, July 26, 2007 at the age of 19 years old.

Adam was a vibrant, active, athletic, popular young man who loved to be busy, take risks and live life to the very fullest. He also loved to make people laugh. A complete shock hit his family and friends when Adam chose to take his life by jumping off the Halifax MacDonald bridge.

From the moment Adam died I became an advocate for suicide awareness and prevention. My choice has been to help other survivors get through this complicated grieving process. Due to public pressure and my persistence, protective (suicide) barriers have now been erected on the MacDonald bridge...a BIG step towards prevention.

Carol Cashen
Tantallon, Nova Scotia

(collateral damage)
IMAGES OF THOSE LEFT BEHIND BY SUICIDE