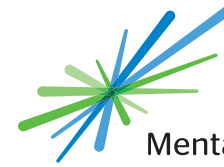


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Mental Health Commission of Canada

Suicide Postvention Resources for Canadian Communities

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About this Catalogue

The Mental Health Commission of Canada completed an environmental scan of resources and programs targeted towards postvention after a suicide loss. Postvention refers to "suicide prevention activities that provide support for people affected by suicide (e.g., those bereaved in the aftermath of suicide loss). These activities are crucial in helping to support and heal those affected after the loss or experience of suicide, and in reducing the risk of further suicides/future crises. Examples of these activities include follow-up education/prevention peer support, employee assistance programs, counselling, etc."¹ Resources listed in this catalogue are for information purposes and do not reflect an exhaustive list of Canadian supports or an endorsement from the Mental Health Commission of Canada.

POSTVENTION RESOURCES FOR CANADIAN COMMUNITIES

TITLE	FORMAT	PRICE	ORGANIZATION	DESCRIPTION	MORE INFORMATION
After a Student Suicide	PDF Toolkit Hardcopy Toolkit	FREE (eCopy) 1.99ea (Print)	Centre for Suicide Prevention	This toolkit provides practical information to schools for after a student has died by suicide: - What to do immediately following a suicide - In the days following a suicide - In the weeks following a suicide - Resources	https://www.suicideinfo.ca/resource/after-a-student-suicide/
After Suicide: A Toolkit for Schools	PDF Toolkit	FREE	Suicide Prevention Resource Centre	Toolkit for schools to support students and the school community after a suicide. Sections include: Crisis Response, Coping Strategies, Working with Communities, Working with Media, Memorialization, Social Media, Suicide Contagion, Bringing in Outside Help.	https://www.sprc.org/sites/default/files/resource-program/
Becks Story - Supporting those Bereaved by Suicide	Video	FREE	LifeLine Australia	As part of World Mental Health month (October), Lifeline has collaborated with producer and director Janet Carr, who lost her partner Firgal to suicide in early 2011, to produce a series of short films for those bereaved by suicide.	https://www.youtube.com/watch?v=BIN_duGine8

1. Government of Canada (2016), The Federal Framework for Suicide Prevention, pp. 14, 41

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Bridge the gApp Youth	Website	FREE	Government of Newfoundland and Labrador	Mental Wellness resource with connections to therapy services provision	https://www.bridgethegapp.ca/youth/
Children, Teens and Suicide Loss	PDF Document	FREE	American Foundation for Suicide Prevention	Gudie for parents and gatekeepers to support children and teens who have experienced a loss due to suicide	https://afsp.org/wp-content/flipbooks/childrenteenssuicideloss/inc/pdf/flipbook.pdf
Community Guidelines for Youth Suicide Postvention	PDF Document	FREE	Durham's Children & Youth Planning Network - Youth Suicide Prevention Action Group	This document has been developed by a subcommittee of the Youth Suicide Prevention (YSP) Action Group, a Working Group of the Durham Child and Youth Planning Network (DCYPN). It is based on current research and best practice, and it is intended to provide community agencies and organizations in Durham Region with the most appropriate procedures in the aftermath of a suicide to meet their needs and the needs of the clients they support.	http://www.dcydn.ca/images/DCYPN-Community_Guidelines_for_Youth_Suicide_Postvention_2019-V3-MAR2019pdf.pdf
"Crisis management in the event of a suicide: a postvention toolkit for employers"	PDF Toolkit	FREE	Public Health England	This toolkit is designed to support employers in their response to the suicide of an employee, at work or outside the workplace.	https://www.bitc.org.uk/wp-content/uploads/2019/10/bitc-wellbeing-toolkit-suicidepostventioncrisismanagement-mar2017.pdf
Edmonton CMHA Suite of Postvention Services	In-Person Services	FREE	Canadian Mental Health Association Edmonton	Edmonton CMHA provides an entire suite of Suicide Grief Support Services: <ul style="list-style-type: none"> - Critical Incident Group Debriefing Services - Suicide Bereavement Support Services - Suicide Caregiver Support Service - Suicide to Hope (1-day workshop) - Tattered Teddies (Child Specific) - Walk With Me (workshop for Indigenous communities) 	https://edmonton.cmha.ca/category/suicide-grief-support-services/

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Healing and Your Spirit: Surviving After the Suicide of a Loved One	In-Person Course	\$1700.00 per person for 10 participants	BC Council for Families	<p>Journey to Healing: Suicide Postvention to Support Indigenous Youth project brings together youth workers, teachers, community leaders and elders to find ways to help affected youth in the aftermath of a suicide that honour and respect the community's traditional practices.</p> <p>The program has two parts: Training local individuals to present the program in their communities: Training for the Trainer Presentation of the program in communities: Community Workshop Delivery</p>	https://www.bccf.ca/program/journey-to-healing/
Left to Live	Online Video	FREE	BC Council for Families	Through interview and discussion, the video follows the personal journeys of several BC teens who have experienced tragic loss through suicide, as they bravely, candidly, and sometimes humourously share their stories.	https://www.bccf.ca/bccf/resources/left-2-live/
Online Postvention Manual	PDF Document	FREE	LifeLine USA	Steps for immediate action after a death by suicide. American resources directory.	http://www.sprc.org/sites/default/files/migrate/library/ http://www.sprc.org/sites/default/files/migrate/library/
Pathways To Healing: Hope after Suicide Loss	Video	FREE	American Foundation for Suicide Prevention	Video discussing grief and bereavement as well as encouraging help-seeking.	https://vimeo.com/370124233

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Postvention A guide for response to suicide on college campuses	PDF Toolkit	FREE	Higher Education Mental Health Alliance	This resource is intended for use by colleges and universities that are affected by and/or want to be prepared for campus crises and campus deaths. A resource for organisations and individuals providing services to people bereaved by suicide.	http://www.sprc.org/sites/default/files/resource-program/Hemha-postvention-guide.pdf
Postvention Australia Guidelines	PDF Document	FREE	Australian Institute for Suicide Research and Prevention & Postvention Australia	A resource for organisations and individuals providing services to people bereaved by suicide.	https://postventionaustralia.org/wp-content/uploads/2019/05/Postvention-Australia-Guidelines.pdf
Postvention Guidelines	PDF Document	FREE	Riverside Trauma Centre	Guidelines for postvention. Intended users are organizational leaders responding to a death by suicide in a community or organization.	http://traumacenter.wpengine.com/wp-content/uploads/2015/03/Postventionguidelines.pdf
Preventing Suicide, A community engagement toolkit	PDF Document Online Modules	FREE	World Health Organization	Communities play a crucial role in suicide prevention. This toolkit follows on from the World Health Organization (WHO) report Preventing suicide: a global imperative (WHO, 2014) by providing practical steps for engaging communities in suicide prevention activities.	https://apps.who.int/iris/handle/10665/272860
Resources for Loss Survivors	Resource Directory	FREE	American Foundation for Suicide Prevention	These resources are designed to help survivors of suicide loss address their complex practical and emotional needs.	https://afsp.org/find-support/ive-lost-someone/resources-loss-survivors/

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Safety Plans to Prevent Suicide	PDF Toolkit Hardcopy Toolkit	"FREE (eCopy) 1.99ea (Print)"	Centre for Suicide Prevention	Steps to create a safety plan with those at risk for suicide attempts (including those who have made a previous attempt).	https://www.suicideinfo.ca/product/resource-toolkit-safety-plans-to-prevent-suicide/
Strengthening the Safety Net: A Report on the Suicide Prevention, Intervention, and Postvention Initiative for BC	Report	FREE	BC Suicide Prevention, Intervention, Postvention Initiative	Report on initiatives and efforts in British Columbia. Section that discusses and evaluates postvention initiatives in the province.	https://suicidepipinitiative.files.wordpress.com/2009/05/suicide-pip-initiative-full-report.pdf
Suicide Postvention Toolkit: A guide for secondary schools	PDF Document	FREE	Headspace School Support	This toolkit aims to support and assist schools in responding to the suicide of a student – a process known as suicide postvention. It is a practical guide that offers suggestions about managing such a traumatic event. It is divided into five sections, which focus on what to do straight after the suicide, in the first 24 hours, in the first week, in the first month and then in the longer term.	https://headspace.org.au/assets/School-Support/Compressed-Postvention-Toolkit-May-2012-FA2-LR.pdf
Suicide to Hope	Workshop	\$4800.00	LivingWorks	One day face-to-face workshop for professional helpers. Modeled on recovery and growth techniques in post-traumatic strength counselling. Professionals oriented. The cost covers, trainer, travel and accomodations and the participant kits for up to 24 people.	https://www.livingworks.net/suicide-to-hope
The Workplace and Suicide Prevention	PDF Toolkit and Hardcopy Toolkit	FREE (eCopy) \$1.99ea (Print)	Centre for Suicide Prevention	Section on what leaders in the workplace can do immediately following a suicide in the workplace	https://www.suicideinfo.ca/wp-content/uploads/2017/05/Workplace-Toolkit_web.pdf

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Toolkit for people who have been impacted by a suicide attempt	PDF Toolkit	FREE	Mental Health Commission of Canada	Informative toolkit supporting strategies for coping and help-seeking; sharing stories; seeking additional resources; and learning about suicide.	https://www.mentalhealthcommission.ca/sites/default/files/2019-03/suicide_attempt_toolkit_eng.pdf
Toolkit for people who have been impacted by a suicide loss	PDF Toolkit	FREE	Mental Health Commission of Canada	Informative toolkit supporting strategies for coping and help-seeking; sharing stories; seeking additional resources; and learning about suicide.	https://www.mentalhealthcommission.ca/sites/default/files/2019-03/suicide_loss_toolkit_eng.pdf
We Matter	Website	FREE	We Matter	A national multi-media campaign to support indigenous youth who may be going through a hard time.	https://wemattercampaign.org/
Welcome back a student who has experienced suicidality	Webinar	FREE	Centre for Suicide Prevention	Focusing on educational professionals. How to welcome back a student who has experienced suicidality into the school community.	https://www.suicideinfo.ca/resource/welcome-back-student-experienced-suicidality/
What its like to lose someone to suicide	Video	FREE	As/Is	Video discussing grief and bereavement as well as encouraging help-seeking	https://www.youtube.com/watch?v=Jjh1W_TbUNY
What to do after a Student Suicide	Webinar	FREE	Centre for Suicide Prevention	This webinar will walk teachers through what to do after a student in the school community has died by suicide.	https://www.suicideinfo.ca/resource/what-to-do-after-a-suicide/



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