



# Mental Health Commission of Canada

Suicide Postvention Resources for Canadian Communities

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# About this Catalogue

The items in this catalogue are based on a Mental Health Commission of Canada (MHCC) environmental scan of resources and programs targeted toward postvention. Postvention refers to suicide prevention activities to support people impacted by suicide (e.g., those bereaved after suicide loss). These activities are crucial for helping those affected and for reducing the risk of further suicides or crises. Examples include followup education, peer support, employee assistance programs, counselling, etc.<sup>1</sup> Note: The resources listed are for information purposes only. They are not meant to be exhaustive or be taken to represent an endorsement by the MHCC.

## POSTVENTION RESOURCES FOR CANADIAN COMMUNITIES

TITLE	FORMAT	PRICE	ORGANIZATION	DESCRIPTION	MORE INFORMATION
After a Student Suicide	PDF Toolkit Hardcopy Toolkit	FREE (e-copy) \$1.99 ea. (print)	Centre for Suicide Prevention	Practical information for schools after a student has died by suicide: - What to do immediately and in the days and months following a suicide - Includes resources	<a href="https://www.suicideinfo.ca/resource/after-a-student-suicide/">https://www.suicideinfo.ca/resource/after-a-student-suicide/</a>
After Suicide: A Toolkit for Schools	PDF Toolkit	FREE	Suicide Prevention Resource Centre (U.S.)	Toolkit to support students and the school community after a suicide. Sections include: - Crisis response, coping strategies, working with communities and the media, memorialization, social media, suicide contagion, and bringing in outside help.	<a href="https://sprc.org/online-library/after-suicide-toolkit-schools">https://sprc.org/online-library/after-suicide-toolkit-schools</a>
A Manager's Guide to Suicide Postvention in the Workplace: 10 Action Steps for Dealing with the Aftermath of Suicide	PDF Document	FREE	National Action Alliance for Suicide Prevention (U.S.)	A guide for managers on their critical role in postvention efforts when employees, clients, vendors, or family members are impacted by suicide.	<a href="https://theactionalliance.org/resource/managers-guide-suicide-postvention-workplace-10-action-steps-dealing-aftermath-suicide">https://theactionalliance.org/resource/managers-guide-suicide-postvention-workplace-10-action-steps-dealing-aftermath-suicide</a>
Be You Suicide Postvention Toolkit	PDF Toolkit	FREE	Beyond Blue	Practical guidance on key considerations and actions to help schools respond to and recover from a death by suicide, immediately, in the short term, and over the longer term.	<a href="https://beyou.edu.au/resources/suicide-prevention-and-response/suicide-response">https://beyou.edu.au/resources/suicide-prevention-and-response/suicide-response</a>
Beck's Story – Supporting Those Bereaved by Suicide	Video	FREE	Lifeline Australia	A short film by producer and director Janet Carr, who lost her partner to suicide in 2011. Part of a film series for those bereaved by suicide.	<a href="https://www.youtube.com/watch?v=BIN_duGine8">https://www.youtube.com/watch?v=BIN_duGine8</a>
Being Prepared to Act in the Event of a Suicide	Webinar	FREE	Mental Health Commission of Canada	A webinar on Quebec's postvention program: <i>Being Prepared to Act in the Event of a Suicide</i> , whose various strategies can be offered simultaneously based on sequential phases for different subgroups.	<a href="https://mentalhealthcommission.ca/resource/postvention-program-being-prepared-to-act-in-the-event-of-a-suicide-webinar/">https://mentalhealthcommission.ca/resource/postvention-program-being-prepared-to-act-in-the-event-of-a-suicide-webinar/</a>
Bridge the gapp Youth	Website	FREE	Government of Newfoundland and Labrador	Mental wellness resource with connections to therapy services.	<a href="https://www.bridgethegapp.ca/youth/">https://www.bridgethegapp.ca/youth/</a>

<sup>1</sup>Government of Canada (2016). *The federal framework for suicide prevention*. <https://tinyurl.com/5cxmb2wx>

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Children, Teens and Suicide Loss	PDF Document	FREE	American Foundation for Suicide Prevention	A guide to help parents and gatekeepers support children and teens who have experienced a loss due to suicide.	<a href="https://aws-fetch.s3.amazonaws.com/flipbooks/childrenteenssuicideloss/index.html?page=1">https://aws-fetch.s3.amazonaws.com/flipbooks/childrenteenssuicideloss/index.html?page=1</a>
Community Guidelines for Youth Suicide Postvention	PDF Document	FREE	Durham's Children and Youth Planning Network – Youth Suicide Prevention Action Group	A resource, based on current research and best practice, with procedures to help community agencies and organizations meet their own needs and the needs of their clients in the aftermath of a suicide.	<a href="https://www.dcybn.ca/images/Postvention.pdf">https://www.dcybn.ca/images/Postvention.pdf</a>
Crisis Management in the Event of a Suicide: A Postvention Toolkit for Employers	PDF Toolkit	FREE	The Prince's Responsible Business Network	Information to support employers' response to the suicide of an employee, whether at work or outside the workplace.	<a href="https://www.bitc.org.uk/toolkit/crisis-management-in-the-event-of-a-suicide-a-postvention-toolkit-for-employers/">https://www.bitc.org.uk/toolkit/crisis-management-in-the-event-of-a-suicide-a-postvention-toolkit-for-employers/</a>
Healing Your Spirit: Surviving After The Suicide of a Loved One	PDF Document	FREE	Alberta Health Services Indigenous Health Program	A guide for those experiencing suicide grief, with an Indigenous focus.	<a href="https://www.albertahealthservices.ca/assets/healthinfo/ip/hi-ip-pipt-chc-healing-your-spirit.pdf">https://www.albertahealthservices.ca/assets/healthinfo/ip/hi-ip-pipt-chc-healing-your-spirit.pdf</a>
Hope and Healing – A Guide for People Who Have Lost Someone to Suicide	PDF Document	FREE	Alberta Health Services	Practical guidance on how to tell others about a suicide, deal with emergency response and investigations, handle other practical matters, and work through grief. Includes relevant websites and phone numbers in Alberta.	<a href="https://www.albertahealthservices.ca/injprev/page15646.aspx">https://www.albertahealthservices.ca/injprev/page15646.aspx</a>
Hope and Healing After Suicide: A Practical Guide for People Who Have Lost Someone to Suicide in Ontario	PDF document	FREE	Centre for Addiction and Mental Health (CAMH)	Adaptation of the Alberta resource (above) with timely advice to survivors of suicide. Includes enhancements on mental health and grieving issues and details on the practical steps to take when a family member dies.	<a href="https://www.camh.ca/-/media/files/guides-and-publications/hope-and-healing-en.pdf">https://www.camh.ca/-/media/files/guides-and-publications/hope-and-healing-en.pdf</a>
Hope, Help, and Healing	PDF Document	FREE	B.C. First Nations Health Authority	A planning toolkit to help First Nations and Indigenous communities prevent and respond to suicide. Sections include preparing for the planning journey, learning, gathering, and sharing.	<a href="https://www.fnha.ca/WellnessSite/WellnessDocuments/FNHA-Hope-Help-and-Healing.pdf">https://www.fnha.ca/WellnessSite/WellnessDocuments/FNHA-Hope-Help-and-Healing.pdf</a>
Journey to Healing: Suicide Postvention to Support Aboriginal Youth	In-Person Course	\$800-\$1,700 per person, based on enrolment	BC Council for Families	Brings youth workers, teachers, community leaders, and Elders together to help youth in the aftermath of a suicide while honouring and respecting communities' traditional practices. Local individuals are trained to present the program in their communities.	<a href="https://www.bccf.ca/program/journey-to-healing/">https://www.bccf.ca/program/journey-to-healing/</a>

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Left 2 Live	Video	FREE	BC Council for Families	Follows the personal journeys of several B.C. teens, who have experienced loss through suicide, as they bravely, candidly, and sometimes humorously share their stories	<a href="https://www.bccf.ca/bccf/resources/left-2-live/">https://www.bccf.ca/bccf/resources/left-2-live/</a>
Lifeline Online Postvention Manual	PDF Document	FREE	Suicide Prevention Resource Centre (U.S.)	American resources directory with steps on how to safely memorialize someone who has died by suicide and reduce the risk of suicide contagion.	<a href="https://sprc.org/online-library/lifeline-online-postvention-manual/">https://sprc.org/online-library/lifeline-online-postvention-manual/</a>
Pathways to Healing: Hope After Suicide Loss	Video	FREE	American Foundation for Suicide Prevention	A discussion of grief and bereavement that includes an encouragement of help seeking.	<a href="https://vimeo.com/370124233">https://vimeo.com/370124233</a>
Post-Attempt Followup and Regular Contact Interventions: Evidence Brief on Suicide Care	PDF Document	FREE	Mental Health Commission of Canada	Information on best practices for followup care and contact interventions. Includes a list of post-discharge models, frameworks, and resources.	<a href="https://mentalhealthcommission.ca/resource/post-attempt-followup-and-regular-contact-interventions-evidence-brief-on-suicide-care/">https://mentalhealthcommission.ca/resource/post-attempt-followup-and-regular-contact-interventions-evidence-brief-on-suicide-care/</a>
Postvention: A Guide for Response to Suicide on College Campuses	PDF Toolkit	FREE	Higher Education Mental Health Alliance	Intended for colleges and universities, either affected by or wanting to prepare for campus suicide crises and deaths.	<a href="https://hemha.org/wp-content/uploads/2018/06/jed-hemha-postvention-guide.pdf">https://hemha.org/wp-content/uploads/2018/06/jed-hemha-postvention-guide.pdf</a>
Postvention Across Settings and Sectors: A Resource for Community-Based Service Providers	PDF Document	FREE	Youth Suicide Prevention and Life Promotion Collaborative (CMHA Ontario)	Guide for educators, administrators, and other professionals in education. Primarily focused on supporting children and youth impacted by suicide.	<a href="https://ontario.cmha.ca/ontario-youth-suicide-prevention-life-promotion-collaborative/">https://ontario.cmha.ca/ontario-youth-suicide-prevention-life-promotion-collaborative/</a>
Postvention Australia Guidelines	PDF Document	FREE	Australian Institute for Suicide Research and Prevention, and Postvention Australia	A resource to help organizations and individuals (e.g., front-line workers, health-care professionals, social workers, funeral directors, volunteers) provide services to people bereaved by suicide.	<a href="https://postventionaustralia.org/wp-content/uploads/2019/05/Postvention-Australia-Guidelines.pdf">https://postventionaustralia.org/wp-content/uploads/2019/05/Postvention-Australia-Guidelines.pdf</a>
Riverside Trauma Center Postvention Guidelines	PDF Document	FREE	Riverside Trauma Center (U.S.)	Guide intended for organizational leaders responding to a death by suicide in a community or organization.	<a href="https://f.hubspotusercontent00.net/hubfs/6899005/Content%20Subscription%20Library/Suicide%20PIP%20(TC%20docs)/PostventionGuidelines.pdf">https://f.hubspotusercontent00.net/hubfs/6899005/Content%20Subscription%20Library/Suicide%20PIP%20(TC%20docs)/PostventionGuidelines.pdf</a>
Postvention Program: Being Ready to Act Following a Suicide	Web Page, PDF Documents	FREE	Association Québécoise de Prévention du Suicide	Designed to help organizations offering postvention services, educational institutions, and workplaces act appropriately after a suicide to limit its impact and prepare those affected.	<a href="https://aqps.info/organisations-postvention/">https://aqps.info/organisations-postvention/</a>

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Preventing Suicide: A Community Engagement Toolkit	PDF Document, Online Modules	FREE	World Health Organization	Based on the crucial role of communities in suicide prevention, a tool with practical steps for engaging them in suicide prevention activities (follows from a WHO report: Preventing Suicide: A Global Imperative).	<a href="https://apps.who.int/iris/handle/10665/272860">https://apps.who.int/iris/handle/10665/272860</a>
Resources for Suicide Loss Survivors	Resource Directory	FREE	American Foundation for Suicide Prevention	Designed to help survivors of suicide loss address their complex practical and emotional needs.	<a href="https://afsp.org/ive-lost-someone/">https://afsp.org/ive-lost-someone/</a>
Responding to Grief, Trauma, and Distress After a Suicide: U.S. National Guidelines	PDF Document	FREE	National Action Alliance for Suicide Prevention, Survivors of Suicide Loss Task Force (U.S.)	Outlines ways for communities to effectively respond to the impact of suicide loss.	<a href="https://theactionalliance.org/resource/responding-grief-trauma-and-distress-after-suicide-us-national-guidelines">https://theactionalliance.org/resource/responding-grief-trauma-and-distress-after-suicide-us-national-guidelines</a>
Safety Plans to Prevent Suicide	PDF Toolkit Hardcopy Toolkit	FREE (e copy) \$1.99 ea. (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).	<a href="https://www.suicideinfo.ca/product/resource-toolkit-safety-plans-to-prevent-suicide/">https://www.suicideinfo.ca/product/resource-toolkit-safety-plans-to-prevent-suicide/</a>
Strengthening the Safety Net: A Report on the Suicide Prevention, Intervention, and Postvention (PIP) Initiative for B.C.	Report	FREE	Suicide PIP Initiative for B.C., and B.C. Postvention Initiative	Discusses and evaluates postvention initiatives in British Columbia.	<a href="https://suicidepipinitiative.files.wordpress.com/2009/05/suicide-pip-initiative-full-report.pdf">https://suicidepipinitiative.files.wordpress.com/2009/05/suicide-pip-initiative-full-report.pdf</a>
Suicide Grief Support Services	In-Person and Remote Services	FREE	Canadian Mental Health Association (Edmonton)	A suite of postvention services: <ul style="list-style-type: none"> <li>- Critical incident group debriefing</li> <li>- Suicide bereavement support</li> <li>- Suicide caregiver support</li> <li>- Youth suicide grief support</li> </ul>	<a href="https://edmonton.cmha.ca/what-we-do/services/suicide-grief-support-services/">https://edmonton.cmha.ca/what-we-do/services/suicide-grief-support-services/</a>
Suicide Postvention as Suicide Prevention	Video	FREE	Suicide Prevention Resource Centre (U.S.)	Video by the National Alliance on Mental Illness that looks at postvention as a form of suicide prevention.	<a href="https://sprc.org/video/suicide-postvention-as-suicide-prevention/">https://sprc.org/video/suicide-postvention-as-suicide-prevention/</a>

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TITLE	FORMAT	PRICE	ORGANIZATION	DESCRIPTION	MORE INFORMATION
Suicide Postvention Toolkit: A Guide for Secondary Schools	PDF Document	FREE	Headspace School Support	Designed to help secondary schools plan and manage their response to a completed, attempted, or suspected suicide in the student community. Sections include what to do right after a suicide, in the first 24 hours, the first week, the first month, and the longer term.	<a href="https://headspace.org.au/assets/School-Support/Compressed-Postvention-Toolkit-May-2012-FA2-LR.pdf">https://headspace.org.au/assets/School-Support/Compressed-Postvention-Toolkit-May-2012-FA2-LR.pdf</a>
The Workplace and Suicide Prevention	PDF Toolkit Hardcopy Toolkit	FREE (e copy) \$1.99 ea. (print)	Centre for Suicide Prevention	Information includes what leaders can do immediately following a suicide in the workplace.	<a href="https://www.suicideinfo.ca/local_resource/workplace-suicide-prevention/">https://www.suicideinfo.ca/local_resource/workplace-suicide-prevention/</a>
Toolkit for People Who Have Been Impacted by a Suicide Attempt	PDF Toolkit	FREE	Mental Health Commission of Canada	Includes strategies for coping and help seeking, sharing stories, finding additional resources, and learning about suicide.	<a href="https://mentalhealthcommission.ca/resource/toolkit-for-people-who-have-been-impacted-by-a-suicide-attempt/">https://mentalhealthcommission.ca/resource/toolkit-for-people-who-have-been-impacted-by-a-suicide-attempt/</a>
Toolkit for People Who Have Been Impacted by a Suicide Loss	PDF Toolkit	FREE	Mental Health Commission of Canada	A summary of the tools that resonated most with people who completed an online Centre for Suicide Prevention survey, along with those arising from a literature review.	<a href="https://mentalhealthcommission.ca/resource/toolkit-for-people-who-have-been-impacted-by-a-suicide-loss/">https://mentalhealthcommission.ca/resource/toolkit-for-people-who-have-been-impacted-by-a-suicide-loss/</a>
Walk With Me	Workshop (virtual or in-person)	Varies	Centre for Suicide Prevention	Intended for Indigenous caregivers working in Indigenous communities. Draws heavily on Indigenous culture and tradition as it takes participants through the cycle of suicide grief.	<a href="https://www.suicideinfo.ca/workshop/walk-with-me/">https://www.suicideinfo.ca/workshop/walk-with-me/</a>
We Matter Campaign	Website	FREE	We Matter	A national multimedia campaign to support Indigenous youth who may be going through a hard time.	<a href="https://wemattercampaign.org/">https://wemattercampaign.org/</a>
What it's Like to Lose Someone to Suicide	Video	FREE	As/Is	A discussion of grief and bereavement that includes an encouragement of help seeking.	<a href="https://www.youtube.com/watch?v=Jjh1W_TbUNY">https://www.youtube.com/watch?v=Jjh1W_TbUNY</a>
What To Do After a Student Suicide	Webinar	FREE	Centre for Suicide Prevention	Walks teachers through the steps to take after a student in the school community has died by suicide.	<a href="https://www.suicideinfo.ca/resource/what-to-do-after-a-suicide/">https://www.suicideinfo.ca/resource/what-to-do-after-a-suicide/</a>



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