



Talking About Suicide: Empowering Healthcare Providers, Instilling Hope in Clients

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This **free online training** equips health-care providers with tools to recognize suicide risk and engage in open, supportive conversations.

The *Talking About Suicide* training:

- ✓ highlights scenario-based learning developed with lived experts
- ✓ incorporates current best practices for risk assessment and safety planning
- ✓ provides practical tools for authentic client engagement
- ✓ emphasizes empathy and compassion to foster trust



Talking About Suicide addresses:

Understanding suicide

➔ In Canada, approximately **13 people die by suicide** every day.¹

¹ Public Health Agency of Canada, 2025

➔ **Suicide is complex** and has no single contributor.

Building trust with at-risk clients

Avoiding the topic can increase risk, while addressing it openly can create a **space of trust and safety**.

—Key takeaway as described by a health-care provider who completed the *Talking About Suicide* training

The role of health-care providers

My family doctor played a big role in keeping me alive... She was really caring and nonjudgmental.

—Gina, suicide attempt survivor

Asking directly about suicide

[I learned] how to discuss the topic with clients. I have always been **afraid to say the wrong thing**.

—Talking About Suicide course graduate

Responding appropriately

I think the best thing was that he made a referral to a counselor in my community who could **reintroduce me to some cultural practices** that were really helpful in my recovery.

—Megan, survivor of two suicide attempts

Planning for safety

It is important to sometimes **focus on our strengths**. With all that we go through internally and externally, we can forget how far we have come and how strong we are. So please, from time to time, remind us of those strengths.

—Saadiye, suicide attempt survivor

Enrol now and complete in as little as 3 hours!



[mentalhealthcommission.ca/
talkingaboutsuicide](https://mentalhealthcommission.ca/talkingaboutsuicide)