

SUICIDE RELATED RESOURCES:

Canada Suicide Prevention-1-833-456-4566: chat on line, voice, text 45645

www.crisisservicescanada.ca

Hope For Wellness Helpline-1-855-242-3310: National Indigenous peoples help line across Canada-24 hrs/day offering counselling and crisis intervention line chat at www.hopeforwellness.ca; English and French and upon request services also available in Cree, Ojibway, and Inuktitut

Kids Help Phone: 1-800-668-6868; Crisis Response, text, online chat, and other mental health on-line resources;

211-information and referrals to connect to social, health and government services (access in many areas of Canada)

Centre for Suicide Prevention Courses and Training: www.suicideinfo.ca

How to talk about Suicide-PREVENTION-a synchronous, live, 1.5-2 hr webinar about how to talk about suicide with someone you're worried about.

Start-PREVENTION-Taking this 1-2 hr. online course will train you to recognize when someone has thoughts of suicide and take action to connect them to an intervention provider.

SafeTalk PREVENTION-This 3.5-hour workshop alerts someone to warning signs indicating risk of suicide.

ASIST-INTERVENTION-Attending this two day course will train you to intervene with an individual who is suicidal.

ASIST Tune Up-INTERVENTION-This 3.5 hr. workshop is only for people with a valid ASIST certificate. This will allow you to renew your ASIST certification for a further two years.

Little Cub-Child and Youth Indigenous-PREVENTION-Is a one-day, discussion-based workshop examining suicide in Indigenous children and communities.

Looking Forward-CHILD AND YOUTH PREVENTION-This half day workshop is for people working with youth ages 12-24.

Small Talk-CHILD AND YOUTH PREVENTION-This half day workshop will examine warning signs in a child and intervention strategies.

Suicide to Hope-POSTVENTION PREVENTION-Suicide to Hope is a one-day workshop targeting caregivers working with those recently at risk of and currently safe from suicide.

Living Works: Livingworks.net

Based in Calgary AB. It is a world leader in Suicide Prevention training solutions. In Alberta, the Centre for Suicide Prevention holds the contract for delivery of the Living Works Suicide courses. Living works courses are given in all other provinces as well as on an international level.

Mental Health Supports:

Canadian Mental Health Association-C.M.H.A. provides advocacy, programs and resources across every province and one territory throughout Canada. Help with mental health problems and illnesses, supports recovery and resilience, and enables all Canadians to flourish and thrive.

Mental Health Commission of Canada-<https://mentalhealthcommission.ca> training programs are designed to increase your mental health literacy, reduce the stigma of mental illness, and provide knowledge to help you better manage potential or developing mental health problems in yourself, your family members, your friends, or your colleagues.

Mental Health training-the Commission offers several evidence-based mental health training programs that are founded on best practices, research, and methodologies.

Mental Health First Aid-is the help provided to a person developing a mental health problem, experiencing a mental health crisis, or a worsening of their mental health. Just like physical first aid is provided until medical treatment can be obtained, MHFA is given until appropriate support is found or until the crisis is resolved.