



# Regional Suicide Prevention Council East Central Alberta

SURVIVORS OF SUICIDE RESOURCE GUIDE

JUNE 2020

## Table of Contents

Introduction Letter from Regional Suicide Prevention Council (RSPC) .....	2
RSPC – East Central Alberta “Survivors of Suicide Package” (electronic version) .....	2
Healing Your Spirit: Surviving After the Suicide of a Loved One .....	3
Hope and Healing – A Practical Guide for Survivors of Suicide .....	3
When a Parent Dies by Suicide .....	3
Hope and Healing After Suicide: Helping Children Cope with a Suicide Death .....	3
After a Suicide Attempt: A Guide for Family and Friends .....	3
After a student suicide .....	3
Talking With Children And Teens About Suicide And Violent Deaths .....	4
Plus 65 at the end of the day: Senior’s Suicide Prevention .....	4
Fact Sheet older adults and suicide .....	4
Helpful Apps.....	5
Information & Contact Numbers for Survivors of Suicide.....	6
Lloydminster, Vermilion, Wainwright, Provost and Area .....	6
Information & Contact Numbers for Survivors of Suicide.....	7
Camrose, Hardisty, Killam, Lamont, Vegreville, Two Hills and Area .....	7
Suicide Bereavement Supports Across Alberta .....	8



Regional Suicide Prevention Council  
East Central Alberta

[www.suicidepreventionAlberta.com](http://www.suicidepreventionAlberta.com)

“Survivors of Suicide Packages” Electronic Version

June 1, 2020

To Whom It May Concern:

As part of the ongoing efforts to increase awareness, education and resources related to suicide, we are distributing this “Electronic Survivors of Suicide Packages” to agencies and organizations who may be the first contacts for those who are impacted after a loss by suicide.

We have included many resources, which we believe will be beneficial and supportive to those grieving a loss by suicide.

Resources Include:

- “Hope and Healing: A Practical Guide for Survivors of Suicide”
- “Healing Your Spirit” A Suicide Resource Booklet for Indigenous Communities
- Helplines and Counseling Services in East Central Alberta
- Supports for Suicide Bereavement: Helplines, Local Resources, Books, Websites
- After a Student Suicide Toolkit and After a Suicide Attempt Resource
- Children and Suicide Resource and How to Talk to Children About Suicide
- When a Parent Dies by Suicide and Healing in the Aftermath of a Suicide
- A List of Helpful Apps and Websites to Promote Mental Health and Well-Being

All of these Resources and More Can Be Found on the RSPC Website (top of page)

Please share this resource to anyone that you feel could benefit from its contents.

Thank you in advance for your assistance in supporting those who are impacted by the loss of a loved one due to suicide.

Sincerely,

Neil Harris (Lloydminster)

Phone: 780-214-6770

[neil.harris@ahs.ca](mailto:neil.harris@ahs.ca)

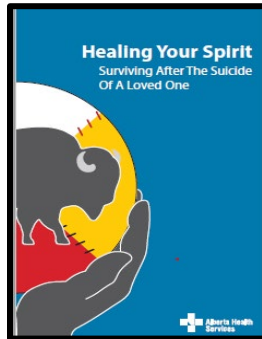
Katherine Gagnon (Camrose)

Phone: 780-679-3156

[katherine.gagnon2@ahs.ca](mailto:katherine.gagnon2@ahs.ca)

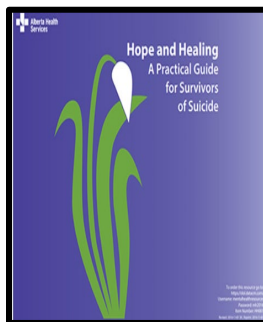
# Helpful Resources

## Healing Your Spirit Surviving After the Suicide of a Loved One



[www.albertahealthservices.ca/assets/healthinfo/ip/hi-ip-pipt-chc-healing-your-spirit.pdf](http://www.albertahealthservices.ca/assets/healthinfo/ip/hi-ip-pipt-chc-healing-your-spirit.pdf)

## Hope and Healing – A Practical Guide for Survivors of Suicide



[www.albertahealthservices.ca/assets/healthinfo/ip/hi-ip-pipt-chc-hope-and-healing-brochure.pdf](http://www.albertahealthservices.ca/assets/healthinfo/ip/hi-ip-pipt-chc-hope-and-healing-brochure.pdf)

## When a Parent Dies by Suicide



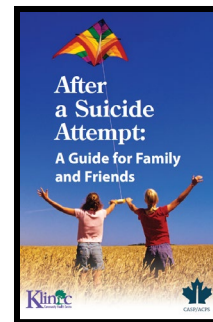
<https://www.camh.ca/en/health-info/guides-and-publications/when-a-parent-dies-by-suicide>

## Hope and Healing After Suicide Helping Children Cope with a Suicide Death



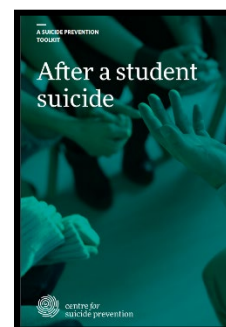
<https://myhealth.alberta.ca/Alberta/Pages/telling-children-teens-about-suicide-death.aspx>

## After a Suicide Attempt: A Guide for Family and Friends



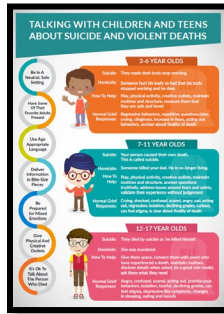
[http://www.togethertolive.ca/sites/default/files/waterloo\\_after\\_a\\_suicide\\_attempt\\_for\\_family.pdf](http://www.togethertolive.ca/sites/default/files/waterloo_after_a_suicide_attempt_for_family.pdf)

## After a student suicide



[https://www.suicideinfo.ca/wp-content/uploads/2016/03/After\\_a\\_student\\_suicide\\_web.pdf](https://www.suicideinfo.ca/wp-content/uploads/2016/03/After_a_student_suicide_web.pdf)

## Talking with children and teens about suicide and violent deaths



[https://elunanetwork.org/assets/files/Tips\\_Postcard-pdf.pdf](https://elunanetwork.org/assets/files/Tips_Postcard-pdf.pdf)

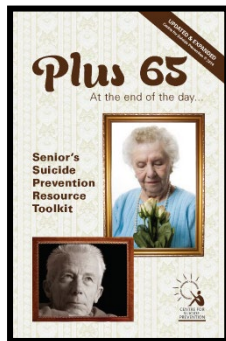
## Fact Sheet older adults and suicide



<https://www.mentalhealthcommission.ca/sites/default/files/2019-05/Older%20adults%20and%20suicide%20fact%20sheet.pdf>

## Plus 65 at the end of the day...

### Senior's Suicide Prevention



<https://www.suicideinfo.ca/wp-content/uploads/2016/08/Plus-65.pdf>

## Helpful Apps

### [Smiling Mind](#)

Smiling Mind is a FREE mindfulness meditation app developed by psychologists and educators to help bring balance to your life.



### [MindShift](#)



Is anxiety getting in the way of your life? MindShift uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

### [Sanvello](#)

Sanvello helps you understand you: Our thoughts, moods, and behaviors all shape how we feel. Sanvello gives you clinically validated techniques to help you manage your moods and thoughts, so you can understand what works for you to feel better.



### [Always There](#)



Some things can be hard to say out loud. If you need a little one-on-one time with someone who gets what's going on in your life, you can connect directly with a Kids Help Phone counsellor five days a week using the Always

There chat app. Talk about anything. It's free, confidential and anonymous for young people living in Canada.

### [Healthy Minds](#)

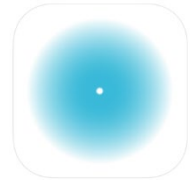


Life as a student can be stressful - assignments, part-time jobs, sports, clubs, relationships, family responsibilities. Stress can take a toll on your mind, weighing you down and even making you ill, so it's important

to take action to stay healthy. That's what HealthyMinds is all about.

### [Breathr](#)

Through a series of exercises, Breathr can help you to live in the present moment, while providing interesting facts about the benefits of mindfulness. Mindfulness can be helpful for anyone, regardless of your background or religion. Whether you have a minute a day or 20, Breathr can help you build a healthy and mindful routine.



### [Virtual Hope Box](#)

The Virtual Hope Box (VHB) is a smartphone application designed for use by patients and their behavioral health providers as an accessory to treatment. The VHB contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. Patients and providers can work together to personalize the VHB content on the patient's own smartphone according to the patient's specific needs.



### [The LifeLine](#)

The LifeLine App is Canada's National Suicide Prevention and Awareness App that offers access and guidance to support for those suffering in crisis and those who have suffered the devastating loss of a loved one from suicide.



### [BoosterBuddy](#)



BoosterBuddy is a free app designed to help teens and young adults improve their mental health.

Manage your personal wellness journey and earn achievements as your sidekick guides you through a series of daily quests designed to establish and sustain positive habits.

## Information & Contact Numbers for Survivors of Suicide Lloydminster, Vermilion, Wainwright, Provost and Area

### Counselling Services:

- ◆ Lloydminster Community Counselling 306-820-6250 Lloydminster
- ◆ Catholic Social Services 780-875-9084 Lloydminster
- ◆ Addiction and Mental Health 780-581-8000 Vermilion
- ◆ Alberta Addiction and Mental Health Counseling Services by Zone  
<https://www.albertahealthservices.ca/amh/Page14063.aspx>
- ◆ Lloydminster Mental Health Navigation Tool  
[www.lloydminstermentalhealth.ca](http://www.lloydminstermentalhealth.ca)

### Other Support Services:

- ◆ Wainwright and District FCSS
  - 780-842-2555 Wainwright
- ◆ Walking Through Grief Society-
  - Shirley 780-846-2576 Lloyd. & Area
  - Lynda 780-853-1818 Vermilion & Area
- ◆ Military Family Resource Centre
  - 780-842-1363 (ext. 1253) Wainwright
- ◆ Contact Your Local Primary Care Network (PCN)
- ◆ Contact Your Local Family & Community Support Services (FCSS)

### Provincial Help Lines and Supports:

- ◆ Health Link 811
- ◆ Mental Health Help Line 1-877-303-2642
- ◆ The Distress Line (AB) 1-800-661-4606
- ◆ Addictions Help Line 1-866-332-2322
- ◆ Rural Distress Line (CMHA) 1-800-232-7288
- ◆ Crisis Services Canada 1-833-456-4566
- ◆ Kids Help Line 1-800-668-6868
- ◆ Help in Tough Times AHS Mental Health Supports

### Survivors of Suicide Links

- ◆ Canadian Association for Suicide Prevention [www.suicideprevention.ca](http://www.suicideprevention.ca)
- ◆ CMHA Grief After Suicide [www.cmha.ca](http://www.cmha.ca)
- ◆ For Suicide Survivors [www.allianceofhope.org](http://www.allianceofhope.org)
- ◆ Centre For Suicide Prevention (AB) [www.suicideinfo.ca](http://www.suicideinfo.ca)
- ◆ Suicide Awareness / Voices of Education [www.save.org](http://www.save.org)
- ◆ American Foundation for Suicide Prevention [www.afsp.org](http://www.afsp.org)

## Information & Contact Numbers for Survivors of Suicide Camrose, Hardisty, Killam, Lamont, Vegreville, Two Hills and Area

- ◆ Counselling Services: Alberta Health Services
- ◆ Camrose Mental Health Clinic 780-679-1241
- ◆ Camrose Addiction Office 780-672-1181
- ◆ Hardisty Mental Health Clinic 780-888-8317
- ◆ Killam Mental Health Clinic 780-385-7161
- ◆ Lamont Mental Health Clinic 780-895-5823
- ◆ Tofield Mental Health Clinic 780-662-7067
- ◆ Vegreville Mental Health Clinic 780-632-2714
- ◆ Veg-AI Drug Society 780-632-6617

### Other Counselling Services:

- ◆ Camrose Psychological 780-679-5954
- ◆ Nancy McLeod M.ED Counselling 780-672-8098
- ◆ CMHA (Edmonton) 780-482-0198 ext 4
- ◆ Carmen Person Clinical Counselling 780-679-2333 ext 1
- ◆ Solutions Psychological 780-672-9296
- ◆ The Open Door- Counselling 780-679-6803
  - 24 hr. Text line or phone 780-679-4357
- ◆ Contact your local Primary Care Network (PCN)
- ◆ Contact your local Family & Community Support Services
  - (FCSS)

### Provincial Help Lines:

Health Link  
**8-1-1**

Mental Health Help Line  
**1-877-303-2642**

Distress Line (AB)  
**1-800-661-4606**

Addictions Help Line  
**1-866-332-2322**

Crisis Services Canada  
**1-833-456-4566**

Kids Help Line  
**1-800-668-6868**

Rural Distress Line  
(CMHA)  
**1-800-232-7288**

### Survivors of Suicide Links:

- ◆ Help in Tough Times [AHS Mental Health Supports](#)
- ◆ Canadian Association for Suicide Prevention [www.suicideprevention.ca](http://www.suicideprevention.ca)
- ◆ CMHA Grief after Suicide [www.cmha.ca](http://www.cmha.ca)
- ◆ For Suicide Survivors [www.allianceofhope.org](http://www.allianceofhope.org)
- ◆ Centre for Suicide Prevention (AB) [www.suicideinfo.ca](http://www.suicideinfo.ca)
- ◆ Canadian Suicide Prevention Service [www.crisisservices.ca](http://www.crisisservices.ca)
- ◆ Suicide Awareness / Voices of Education [www.save.org](http://www.save.org)
- ◆ American Foundation for Suicide Prevention [www.afsp.org](http://www.afsp.org)



## Suicide Bereavement Supports Across Alberta

### **CALGARY**

Canadian Mental Health Association  
Suicide Services Bereavement Program  
105 12 Avenue SE  
Calgary AB T2G 1A1  
Phone: 1.403.297.1700  
[SuicideServices@cmha.calgary.ab.ca](mailto:SuicideServices@cmha.calgary.ab.ca)  
Website: [www.cmha.calgary.ab.ca](http://www.cmha.calgary.ab.ca)

### **EDMONTON**

CMHA Edmonton Region  
Suicide Bereavement Support Services  
Transition Place – Boardroom  
10010-105 Street  
Edmonton AB T5J 1C4  
Phone: 1.780.414.6300  
Website: [www.edmonton.cmha.ca](http://www.edmonton.cmha.ca)

### **FORT McMURRAY**

Some Other Solutions Society for Crisis  
Prevention  
9908 Manning Avenue  
Fort McMurray AB T9H 2B9  
Phone: 1.780.743.8605  
[reception@someothersolution.ca](mailto:reception@someothersolution.ca)  
Website: [www.someothersolutions.ca](http://www.someothersolutions.ca)

### **GRAND PRAIRIE**

Catholic Family Services  
Counselling Services (sliding fee)  
10105-102 Street  
Grande Prairie AB T8V 2V8  
Phone: 1.780.532.1361  
[admin@cfsgp.ca](mailto:admin@cfsgp.ca)  
Website: [www.cfsgp.ca](http://www.cfsgp.ca)

### **LETHBRIDGE**

Lethbridge Family Services  
Counselling, Outreach & Education  
1107 – 2A Avenue North  
Lethbridge, AB T1H 0E6  
Phone: 1.403.327.5724  
[admin@lfsfamily.ca](mailto:admin@lfsfamily.ca)  
Website: [www.lfsfamily.ca](http://www.lfsfamily.ca)

### **RED DEER**

CMHA Central Alberta Region  
5017 50th Avenue  
Red Deer, AB T4N 4B2  
Phone: 1.404.342.2266  
[education@reddeer.cmha.ab.ca](mailto:education@reddeer.cmha.ab.ca)  
Website: <http://reddeer.cmha.ca>

### **LLOYDMINSTER – VERMILION REGION**

Walking Through Grief Society  
P.O Box 284  
Kitscoty AB T0B 2P0  
Phone: 1.780.846.2576  
[wtgriefsupport@xplorenet.ca](mailto:wtgriefsupport@xplorenet.ca)  
[www.walkingthroughgrief.webs.com](http://www.walkingthroughgrief.webs.com)

