

Suicide Prevention, Intervention & Postvention Online Resource Guide

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For youth

Interior Crisis Line Network I- 888- 353-CARE (2273)

<http://youthinbc.com/> - An on-line crisis chat service, where you can chat 1-on-1 with a trained volunteer from the [Vancouver Crisis Centre](#), where our service is based. Also has information so you can learn more on a variety of youth-related issues, as well as a resource: a list of organizations and websites where you can get help. You can also get support via email by writing to us at youthinbc@crisiscentre.bc.ca.

[Kids Help Phone](#) - is a national, bilingual, 24-hour toll-free confidential phone counseling, referral and internet services for children and youth or their parents in English and French.

[If You Need Help](#) – Telephone and online resources for immediate help or for questions.
MCFD

[Mindcheck](#) - This website was created in order to assist young people to better understand distress they are experiencing and to link them to sources of help that will enable them to learn skills and strategies to manage these problems.

[Honouring Life Network](#) - This website offers culturally relevant information and resources on suicide prevention to help Aboriginal youth and youth workers dealing with a problem that has reached crisis proportions in some First Nations, Inuit and Métis communities in Canada.

[Qmunity](#) - BC's leading queer resource centre that has a significant online presence that provides access to information about Educational Services, Social Events, Outreach and Support Programs for queer individuals, their families and friends. Vancouver.

[Dealing With Depression: Antidepressant Skills for Teens](#) - Explains depression and teaches three main antidepressant skills you can use to help overcome or prevent it. The skills are presented in a step-by-step way so that you may learn them easily and apply them to your life. Sometimes these antidepressant skills can be used on their own, when the mood problem isn't too severe, and sometimes they have to be used along with treatments prescribed by professionals. Either way, practicing these antidepressant skills will help you deal more effectively with low mood and depression.

[Coping with Suicidal Thoughts](#) - For those currently experiencing suicidal ideation and/or with a plan or having made an attempt. Resources, information, support, and practical steps.

For parents & caregivers

[Kelty Mental Health Resource Centre for Parents & Caregivers](#) - useful information on a wide range of topics related to mental health issues in children and youth. The information was designed with parents and caregivers in mind. The site also has links to many additional resources geared towards parents.

For school professionals

[Kelty Mental Health Resource Centre for School Professionals](#) - Find useful information on a variety of mental health topics that commonly affect school-age children and youth. The site also contains links to a wide range of resources, tools and curriculum guides designed specifically for use by school professionals – both in and outside the classroom.

[Teen Mental Health for Educators](#) – Uses the best scientific evidence available to develop application-ready training programs, publications, tools and resources that can be applied across disciplines to enhance the understanding of adolescent mental health and mental disorders.

[After a Suicide: A Toolkit for Schools](#) - Includes an overview of key considerations, general guidelines for action, do's and don'ts, templates, and sample materials, all in an easily accessible format applicable to diverse populations and communities.

[Applied Suicide Intervention Skills Training](#) – The ASIST workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. It is a two-day, highly interactive, practical, practice-oriented workshop. Two-day workshops may be facilitated in communities across the Interior. Living Works Education, Calgary, Alberta.

[Choices 2: Reaching Out](#) – Developed by the Crisis Centre and Suicide Prevention Centre of BC, *Choices 2: Reaching Out* is a classroom educational and a professional development tool that includes a comprehensive film and workshop package based on current evidence based research. This video and workshop system helps prepare students to *Reach Out* and to get help for themselves and to help their friends overcome suicidal feelings.

[The Signs of Suicide \(SOS\)](#) – Is a program that combines suicide awareness curricula with a brief screening tool for depression and suicide risk. The curriculum teaches high school students to respond to the signs of suicide as a mental health emergency using the “ACT” approach, which stands for acknowledge, care and tell. US based.

For health care professionals

[Information and Tools for Professionals](#) –Preventing Youth Suicide: A Guide for Practitioners contains updated and concise information which was previously provided on multiple web pages. The purpose of this guide is to provide practitioners with the most current information on youth suicide prevention, intervention and postvention. MCFD

[Kelty Mental Health Resource Centre for Health Professionals](#) - Useful information on identifying, treating and managing children and youth suffering from various mental health issues. The site also contains links to a wide range of resources and tools designed specifically for medical professionals who are supporting children and their families in dealing with a mental health disorder.

[Working with the Suicidal Patient: A Guide for Health Care Professionals](#) - Assessment and management of suicidality for helpers without a mental health background, including those in acute or emergency settings.

[A Suicide Prevention Toolkit for Rural Primary Care](#) – The primary care setting presents an excellent opportunity for suicide prevention. Suicidal patients often visit their primary care providers within days or weeks before taking their lives. This webinar presents two resources for primary care professionals: 1.a web-based toolkit for rural primary care professionals and 2.a training for primary care professionals available in face-to-face or webinar format. U.S. Department of Health and Human Services

[Canadian Coalition for Seniors Mental Health/Late life Suicide Toolkit](#) – Developed for health care providers - physicians, nurses, front-line workers, mental health professionals - and educators in health education programs at universities and colleges.

For mental health & substance use clinicians

[Practice Principles: A Guide for Mental Health Clinicians Working with Suicidal Children and Youth](#) - The Practice Principles document highlights evidence-based principles and is intended for practicing mental health clinicians with established clinical competencies working with suicidal children and youth in outpatient settings. MCFD

[Working With the Client Who is Suicidal: A Tool for Adult Mental Health and Addiction Services](#) - Provides an overview of recommended practices in assessing and treating suicidal behaviour in adults.

[Canadian Coalition for Seniors Mental Health/Late life Suicide Toolkit](#) – Developed for health care providers - physicians, nurses, front-line workers, mental health professionals - and educators in health education programs at universities and colleges.

[Hope & Healing: A Practical Guide for Survivors of Suicide](#) - Focuses on the practical matters that survivors need to deal with after a suicide.

[Canadian Collaborative Mental Health Initiative](#) - Working together towards recovery: Consumers, families, caregivers and providers was developed by people who've experienced mental illness themselves, family members and caregivers.

[Addressing Suicidal Thoughts and Behaviour in Substance Abuse Treatment: A Treatment Improvement Protocol \(SAMHSA\)](#)

The Interpersonal Theory of Suicide: Guidance for Working With Suicidal Clients (2009) - Joiner, Van Orden, Witte & Rudd - American Psychological Association

Touched By Suicide: Hope & Healing After Loss (2006) - Myers & Fine, Gotham/Penguin, New York

Why People Die by Suicide (2005) –Thomas E. Joiner. Cambridge, MA: Harvard University Press.

Treating Suicidal Behaviour: An Effective, Time-Limited Approach (2001) – Rudd, Joiner & Rajab, Guildford Press, New York

For the media

[Information for Media](#) - The media has an important role in reducing suicide contagion through careful and responsible reporting. Journalists can facilitate public education by providing information on: a) The possible causes of suicide, b) Warning signs of suicide, c) Trends in suicide rates, and d) Recent therapeutic advancements and strategies to prevent and reduce the risk for suicide. MCFD

[Crisis Intervention & Suicide Prevention Centre of B.C](#) - These media guidelines emphasize responsible reporting about suicide.

For Aboriginal communities

[Aboriginal Suicide Critical Incidence Response Teams \(ASCIRT\)](#) – Community Response Teams develop the community's capacity to respond to their own critical incidents in an integrated fashion by building connections and empowering each community to respond to its own issues.

[Assessment and Planning Tool Kit for Suicide Prevention in First Nations Communities](#) – It is a framework to guide First Nations in assessing and planning a suicide prevention plan.

[Aboriginal Youth: A Manual of Promising Suicide Prevention Strategies](#) - The purpose of the manual is to provide high quality and user-friendly advice and information in order to facilitate the development of successful suicide prevention programs for Canada's Aboriginal youth.

Community-wide approaches

[Suicide Prevention, Intervention and Postvention Initiative for BC](#) - To develop and promote a Suicide Prevention, Intervention and Postvention (PIP) Framework (referring to both evidence informed practice and practice informed evidence), that serves as a planning template for local, regional and provincial initiatives addressing suicide PIP across the lifespan. This document catalyzes the development, implementation and evaluation of suicide PIP programs and supports by integrating and building upon what already exists across BC.

[Suicide Postvention is Prevention: A Proactive Planning Workbook for Communities Affected by Youth Suicide](#) - Is designed to help communities both anticipate and effectively respond to the tragedy of youth suicide.

Training opportunities

[Living Works Education](#) – A series of suicide awareness and intervention skills training workshops. Calgary, Alberta.

- [Applied Suicide Intervention Skills Training \(ASIST\)](#) – The ASIST workshop is for caregivers and support workers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. It is a two-day, highly interactive, practical, practice-oriented workshop. Contact your local Mental Health & Addictions Office for information about training available in your community.

[River of Life: Aboriginal Youth Suicide Workshop](#) (Online) - The River of Life Course about Aboriginal Youth Suicide has been created for individuals working with youth ages fifteen to twenty-four. The course discusses strategies designed to strengthen the protective factors of youth at risk. The material focuses on providing participants who work with youth the knowledge to respond to youth at risk of suicide.

[Indigenous Cultural Competency Training Program](#) – Developed by the Provincial Health Services Authority (PHSA) Aboriginal Health Program. The ICC training is a unique, facilitated on-line training program designed to increase knowledge, enhance self-awareness, and strengthen the skills of those who work both directly and indirectly with Aboriginal people.

[Education on Ending Suicide](#) – Online courses based out of the U.S. for knowledge and clinical skills training on suicide designed for medical students, health professionals and secondary school education.

Courses:

- Introduction to Suicide: Facts, Figures, and Theories
- Introduction to Identification of Risk and Protective Factors in Suicide (for Secondary Education)
- Identification of Risk and Protective Factors in Suicide (for Health Professionals)

[Suicide Prevention Resource Center \(SPRC\) Training Institute](#) - The SPRC Training Institute provides an ever-expanding array of curricula designed to build capacity for suicide prevention in state, tribal, local, and community-based organizations. Supported by the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (DHHS)

Youth Suicide Prevention Research & Education

British Columbia

[Preventing Suicide in Children and Youth](#)

- Even One is One Too Many: Some 256 young people's lives are lost to suicide every year in Canada. We outline who is at risk, how we can intervene, and what factors best protect young people from this tragedy.
- Reducing Youth Suicide -- What Works?
- Native Youth Suicide -- Behind the Statistics.

[Videos are approximately 10 minutes and can be viewed separately:](#)

- Even One is Too Many.
- Native Youth Suicide: Behind the Statistics
- Answering Your Questions about Preventing Suicide.

[Preventing Suicide in Youth: Taking Action - With Imperfect Knowledge](#) – This report is intended to be a resource for policy-makers, practitioners, researchers, families, teachers and community members working with children in BC.

[Acting on What We Know: Preventing Youth Suicide in First Nations](#) - An Advisory Group met between July 2001 and June 2002 to collaborate on this topic. Through discussion, literature review and preparation of background papers, key issues were identified and recommendations generated. This report provides an examination of these issues, from basic suicide data to specific factors affecting First Nations, and based on this, presents recommendations for action.

[“Before-the-Fact” Interventions: A Manual of Best Practices in Youth Suicide Prevention](#) - The manual reviews youth suicide in British Columbia, describes a model for thinking about and organizing suicide prevention programs and services, provides information for 15 youth suicide prevention "best practices" strategies and introduces guidelines for community efforts. It includes summary pages, checklists, and resources.

[Looking for Something to Look Forward To – A Five-Year Retrospective Review of Child and Youth Suicide in B.C.](#) (Jan. 1, 2003 to Dec. 31, 2007) - Past reviews of child and youth suicide conducted by the Child Death Review Unit have found that the majority of these deaths are preventable. The prevalence and the high level of preventability suggested the need for a special report on child and youth suicide in BC.

[McCreary Centre Society](#) – Has published the results of their Adolescent Health Survey (AHS) 2008 that is delivered in BC and gathers information about the physical and emotional health, and about factors that can influence health during adolescence or in later life.

[Child and Youth Friendly Communities](#) – Society for Children and Youth of BC is a unique provincial non-profit advocacy organization dedicated to improving the well-being of children and youth and has been actively engaged in the promotion of Child and Youth Friendly Communities, developing a series of community assessment tools for housing, community development, early childhood, Aboriginal communities and municipalities.

[The Centre of Excellence for Youth Engagement](#) – Provides models and guides for meaningful youth involvement in various settings. Youth engagement is proven to reduce negative risk behaviours such as decreased substance use, decreased rates of school dropout, and lowered rates of depression.

[First Call: BC Child & Youth Advocacy Coalition](#) - Support BC's children and youth through three strategies: 1) Public Education; 2) Community Mobilization; and 3) Public Policy Advocacy. Four focus areas of success for children and youth:

- A strong commitment of early childhood development
- Support in transitions from childhood to youth to adulthood
- Increased economic equality
- Safe and caring communities.

Suicide Prevention, Intervention & Postvention Research, Data & Fact Sheets

British Columbia

[BC Coroners Service](#) - Reports, Statistics and Publications on suicide across the lifespan.

[BC Injury Research & Prevention Unit](#) - Online resources for British Columbians providing surveillance, research and knowledge development, knowledge synthesis, translation and education, and public information for the support of evidence-based, effective prevention measures. Includes online data tool is an easy-to-use, menu-driven system that makes data available to injury prevention practitioners and professionals, as well as the public at large. It is an effective and efficient way for various stakeholders in the province to access hospitalization and mortality data at the click of a button.

[Here to Help](#) - HeretoHelp is a project of the BC Partners for Mental Health and Addictions Information with a vision of providing mental health literacy and self-management through factsheets and information exchange.

Canada

[Centre For Suicide Prevention](#) - The Centre for Suicide Prevention (CSP) is an education centre specializing in curriculum development; training programs; library and information services. The purpose of the Centre is to inform and equip people with additional knowledge and skills in the prevention of suicide.

[Canadian Association of Suicide Prevention](#) - CASP works towards reducing the suicide rate and minimizing the harmful consequences of suicide by advocating, supporting and educating.

[National Collaborative on Suicide Prevention](#) - The overall aim of this collaborative is to increase the capacity for effective suicide prevention by connecting people, ideas, and resources on a pan-Canadian level. Mental Health Commission of Canada.

International

[World Health Organization: Suicide Prevention \(SUPRE\)](#) - Recent WHO publications on suicide:

- "Preventing Suicide: A Resource for Media Professionals"
- "Preventing Suicide: How to Start a Survivors' Group"
- "Suicide and Suicide Prevention in Asia"
- "The Impact of Pesticides on Health"
- Preventing Suicide: a Resource Series
- Multisite Intervention Study on Suicidal Behaviours (SUPRE-MISS)

[International Association for Suicide Prevention \(IASP\)](#) - Is dedicated to preventing suicidal behaviour, alleviating its effects, and providing a forum for academics, mental health professionals, crisis workers, volunteers and suicide survivors.

Suicide Postvention Resources

Survivor Advocates Listserve - the purpose of this network is to share ideas regarding Suicide Prevention. Canadian-based. To join this group, send an email to:

SurvivorAdvocates-subscribe@yahoogroups.com

[Survivor Support Services Across BC](#)

[American Foundation for Suicide Prevention](#) - Support Groups: Training Programs available including Facilitating Suicide Bereavement Support Groups for Children and Teens, Facilitating Suicide Bereavement Support Groups, and a Self-Study Training Package

[American Association of Suicidology](#) – Online resources for survivors.

[Suicide Prevention Resource Centre](#) - Survivor Resources by SPRC

“Drop-In” Conference Calls for Survivor Support Facilitators to ask questions and to learn from other facilitators. Moderated by a member of AFSP's facilitator training corps and nationally-recognized expert on support group leadership.

Just dial-in to 1-800-270-1153 and enter passcode 146300#. (To participate from outside the U.S., please email surviving-suicidell@afsp.org to tell us what country you will be calling from. The call in number varies for each country.)

Each call will last one hour. There's no charge.

World Suicide Prevention Day – September 10th

[World Suicide Prevention Day](#) – Information and templates to assist community planning efforts around World Suicide Prevention Day on September 10th.

For local mental health services

[Ministry of Children and Family Development – Child & Youth Mental Health Offices across the Interior](#)

[Canadian Mental Health Associations across the Interior](#)

[Mental Health & Substance Use Services in the Interior](#)

Groupsite - Creating Suicide-Safer Communities (Interior)

The purpose of this Groupsite is to facilitate regional information and resource sharing, networking, and coordination around suicide PIP activities. Visit -

<http://suicidepipinterior.groupsites.com/main/summary>