

SUICIDE PREVENTION CONTINUUM

WHERE ALL ACTIVITIES CONTRIBUTE TO SUICIDE PREVENTION



1. De-Stigmatizing Suicide

Talking openly and honestly about the issue of suicide without judgement.



2. Suicide Risk Training & Education

Raising awareness through suicide prevention education.



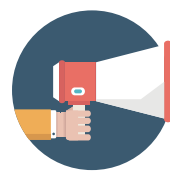
3. Partnership & Collaboration

Partnering with other community mental health service providers to raise awareness and support.



4. De-Escalating Suicide Crisis

Assessing and de-escalating suicide crisis whenever possible.



5. Emergency Intervention

When someone is in imminent danger of suicide, an Emergency Services intervention will be initiated.



6. Suicide Ideation & Behaviour Aftercare

After an individual has struggled with suicide ideation and or behaviours connections to both short and longer term supports will be provided.



7. Individual Suicide Grief Support

Immediately following the death of a loved one to suicide one to one peer telephone support is provided.



8. Suicide Grief Group Support

Group support for those bereaved by suicide is a highly effective tool in coping with traumatic loss.

24 Hour Helplines:



Durham Region: 1 800 452 0688

Local: 905 430 2522

