

# Suicide Prevention Resources

## For those with lived-experience or who have been impacted by suicide

Those who have experienced a suicide attempt, or suicidal thoughts and feelings – either personally or through a loved one – are considered individuals with lived experience of suicide. This also includes those who have been affected by, or suffered a loss, due to a suicide death. The resources listed are not treatments or crisis services, but additional supports that are available during your/your loved one's recovery journey.

**If you require additional support or have questions about these suggested resources, please connect with your health care team.**

**If you are experiencing a mental health care crisis in London and Middlesex, you have the following options:**

- Contact Reach Out crisis response line: (519) 433-2023 or 1-866-933-2023
- Go to the CMHA Crisis Centre located at 534 Queens Ave., in London ON, (519)-434-9191
- Go to your nearest emergency department

## Local Resources (London-Middlesex):

**Canadian Mental Health Association (London-Middlesex)** [www.cmhamiddlesex.ca](http://www.cmhamiddlesex.ca)

- **Bereavement Support Program-** including presentations, education, peer supports, 'survivor of suicide' groups and more.
- **Peer Support Program-** connects those living with a mental health need and/or addiction challenge with someone who has experienced a similar challenge and gone through recovery

**London-Middlesex Suicide Prevention Council** [www.lmspc.ca](http://www.lmspc.ca)

A non-profit council comprised of survivors of suicide and volunteers representing organizations that deliver suicide prevention, support and/or treatment programs.

## Canadian Resources:

**Mental Health Commission of Canada** [www.mentalhealthcommission.ca](http://www.mentalhealthcommission.ca)

- Click on **“Toolkit for people who have been impacted by a suicide attempt”**
  - Crisis planning, coping strategies, how to tell your story and hopeful messages.
- Click on **“Toolkit for people who have been impacted by a suicide loss”**
  - How to seek help, coping strategies and hopeful messages.

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## International Self-Help Resources:

### Now Matters Now

[www.nowmattersnow.org](http://www.nowmattersnow.org)

Online suicide prevention: skills and support for coping with suicidal thoughts, including helpful ways to manage thoughts such as mindfulness, opposite-action and paced breathing. Based on principals of Dialectical Behaviour Therapy.

### Lived Experience Academy

[www.livedexp.academy](http://www.livedexp.academy)

An online educational site designed to help with recovery and growth after getting through a suicidal crisis. Offers mini-courses and workbooks.

### Your Life Counts

[www.yourlifecounts.org](http://www.yourlifecounts.org)

An online global community providing life-affirming resources to reconnect with hope and your reason to live. Resources include articles, a learning centre, and stories of lived experience of working through suicidal crisis.

### Together All

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

Not specific to suicide, but a safe, peer support online community for those experiencing common mental health issues (not for distress/crisis situations).

Focused on connectedness and healthy social networking where people can share and support each other anonymously.

## Blogs and Websites:

### Live through this

[www.livethroughthis.org](http://www.livethroughthis.org)

A collection of portraits and stories about suicide attempt survivors across the United States. This website helps others tell their stories to reduce shame and stigma, while striving towards hope and change.

### Suicide Awareness Voices of Education (SAVE)

[www.save.org](http://www.save.org)

- Click on “**FOR SURVIVORS Resources to help cope**”

Hopeful suicide prevention stories, as well as resources and stories on finding hope and coping after a suicide loss.

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