

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 648 Huron St., in London ON, (519)-434-9191
- Call or text the Canadian Suicide Prevention Helpline: 9-8-8, or visit <https://988.ca>
- Go to your nearest emergency department

Local Resources (London-Middlesex):

Canadian Mental Health Association (London-Middlesex) www.cmhamiddlesex.ca

- **Bereavement Support Program-** including presentations, education, peer support, survivors 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

Suicide Prevention London-Middlesex www.suicidepreventionml.ca

A non-profit, voluntary council representing community service providers, stakeholders, and those with lived experience with suicide

Canadian Resources:

Mental Health Commission of Canada Resources 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.

CARING FOR THE BODY, MIND & SPIRIT SINCE 1869

Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.



sjhc.london.on.ca

International Self-Help Resources:

Now Matters Now

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.

Suicide Prevention Resource Center- Lived Experience Resources

www.sprc.org

An online resource for information and resources, including videos, guides, webinars and training opportunities.

Your Life Counts 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 center, and stories of lived experience of working through suicidal crisis.

Together All 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

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

- 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.

CARING FOR THE BODY, MIND & SPIRIT SINCE 1869

Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.



sjhc.london.on.ca