

Skills for Safer Living

Suicide Intervention Groups

WHAT:

20-week intervention group for individuals who have attempted suicide one or more times.

OFFERINGS:

Adults (18+)
Suicide Ideation (18+)
Post-Secondary
High School Aged (17-18)
Youth (14-16)

ELIGIBILITY:

- One or more suicide attempts
- Community Support Person
- Stable Housing

20-Week Suicide Intervention Group

- ◇ Group seeks to reduce the intensity, frequency and duration of suicide related thinking and behaviour
- ◇ Topics include: Increasing Personal & Emotional Safety, Problem-Solving and Relationship Management

For referral or more information: 519-744-7645 X4063

or 1 844 437 3247 (HERE 24/7)



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
pour la santé mentale
Waterloo Wellington

