



## **Suicide Prevention and Related Resources**

To join an association:

1. [Suicide Prevention Community Council of Hamilton](#) (SPCCH) is a charitable organization involving professionals and individuals from the community who are interested in suicide prevention and its related issues as well as the promotion of public awareness
2. [Ontario Association for Suicide Prevention](#) (OASP) encourages the development of suicide prevention, intervention, and postvention activities
3. [Canadian Association for Suicide Prevention](#) (CASP) works towards reducing the suicide rate and minimizing the harmful consequences of suicide by advocating, supporting and educating
4. [International Association for Suicide Prevention](#) (IASP) holds a congress every two years that is sponsored by various regional and international suicide prevention organizations

To find information and research:

1. [American Association of Suicidology](#) (AAS) promotes research, public awareness programs, education & training for professionals and volunteers
2. [Centre for Suicide Prevention](#) specializes in curriculum development, training programs, library and information services
3. [Reasons to go on Living](#) is a project and website dedicated to learning how people who once attempted suicide have chosen to go on living
4. [Suicide Prevention Resource Center](#) (SPRC) provides prevention support, training, and resources to assist organizations and individuals to develop suicide prevention programs, interventions and policies, and to advance the U.S. National Strategy for Suicide Prevention

To help the community identify suicide prevention as a public health issue of importance, [LivingWorks: suicideTALK](#)

To raise awareness and reduce stigma:

1. [Great-West Life Center for Mental Health in the Workplace - Helping Raise Awareness & Reduce Stigma](#)
2. [Talking About Mental Illness](#) (TAMI)

To promote mental health literacy:

1. [Canadian Alliance on Mental Illness and Mental Health: Mental Health Literacy in Canada](#)
2. [CAMH Mental Health and Addictions 101](#) on line tutorials

To promote mental health literacy and stigma reduction in youth, [Youth Net Hamilton](#)

To provide media with guidelines and training:

1. [WHO – Preventing suicide – a resource for media professionals](#)
2. [CMHA - Suicide-responsible media reporting guidelines](#)

To promote training for health practitioners:

1. [WHO: Preventing Suicide a Resource for General Physicians](#)
2. [WHO: Preventing Suicide a Resource for Primary Health Care Workers](#)
3. [suicideCARE](#) for practitioners who have been trained in [ASIST](#)

To provide gatekeeper training opportunities in order to increase community capacity to identify and refer individuals at risk of suicide:

1. [Applied Suicide Intervention Skills Training](#)
2. [safeTALK](#)
3. [Mental Health First Aid](#)

To promote the use of suicide prevention policies in accordance with Accreditation Canada's [Required Organizational Practices](#) within hospital settings, use the [patient risk assessment](#)

To support the use of guidelines for assessment and treatment of suicide-related behaviours across the life span:

1. Registered Nurses of Ontario Association: [Assessment and Care of Adults at Risk for Suicidal Ideation and Behaviour](#)
2. Canadian Coalition for Seniors Mental Health: [National Guidelines for Seniors' Mental Health: The Assessment of Suicide Risk and Prevention of Suicide](#)
3. Warning Signs Mnemonic from the American Association of Suicidology: [IS PATH WARM](#)
4. Suicide Prevention Resource Centre: [Suicide Risk: A Guide for ED Evaluation and Triage](#)

To support workplaces to adopt and implement suicide intervention policies, [Great-West Life Center for Mental Health in the Workplace](#)

To support workplaces to adopt and implement policies that address violence in the workplace, [Great-West Life Center for Mental Health – Addressing Workplace Violence](#)

To support Boards of Education to implement mental health and violence prevention curriculum, [CMHA: Mental Health and High School Curriculum Guide and 4th R: Relationship Based Violence Prevention](#)

To implement mental health promotion messages, [CMHA - Take control of your health. Take care of your mind. Practice Mind + Body Fitness](#)

To promote resilience in youth, [BC Ministry of Children and Family Development, Promoting Resilience & Strengthening Environments](#)