

EXPERIENCING A LOSS BY SUICIDE

Survivors of suicide are the family members and friends left behind after a death by suicide.

When experiencing such a loss, you may face a turmoil of emotions. Grief may seem overwhelming, but with compassionate support from other survivors of suicide, those who understand, you can work through your grief and find hope and renewed meaning in life.



BEREAVEMENT COUNSELLING Professional counselling is available to individual survivors, families and couples to develop an enhanced understanding of their own grief process.

SUICIDE BEREAVEMENT GROUP The group is co-facilitated by experienced counsellors and volunteer survivors. It is available to help any individual or family who has lost someone to suicide. The group provides members with an opportunity to meet others who have experienced a similar loss, and to explore their own grief on a new level in a safe and supportive environment.



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INDIVIDUAL PEER SUPPORT Following the funeral, many survivors say, in addition to professional counselling, they would also like to speak with someone who has been through a similar experience. Individual peer support brings together the experiences and strengths of trained volunteer survivors to provide support for individuals who have experienced a loss by suicide.

DROP-IN GROUP This informal group, led by a counsellor and a trained peer volunteer survivor, offers a confidential, safe environment for those who have experienced a loss by suicide, to meet with others who can understand and provide support for each other.

DEBRIEFING AND PRESENTATIONS Presentations on the grief experience and debriefings after a suicide has occurred are available to families, professionals, community groups, and schools. In addition, suicide awareness information presentations for youth and adults are offered through CMHA – Calgary Region's Education program.

People can refer themselves to the Suicide Bereavement program by calling 403 297 1700 or emailing scheduling@cmha.calgary.ab.ca.

Fees

The Suicide Services Bereavement Program charges for the counselling and bereavement program based on a sliding scale. Charges can be discussed with your counsellor during the first session. No individual will be refused service because of his or her financial situation.

FOR MORE INFORMATION

cmha.calgary.ab.ca
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