

SUICIDE BEREAVEMENT

The Suicide Bereavement program provides assistance to individuals who have experienced a loss by suicide. Staff and volunteers work from a client centred approach to address individual and family needs.



Canadian Mental
Health Association
Calgary
Mental health for all

Program offers:

- family and individual counselling
- ten week bereavement support, topic focused groups
- individual and group peer support
- educational presentations and debriefings for professionals and community groups

**SURVIVORS OF
SUICIDE LOSS DAY** Survivors of Suicide Loss Day is an annual event hosted by CMHA – Calgary Region in November. This one day event is for individuals who have lost someone to suicide to come together and connect in a supportive environment. This day provides support, healing, information, connection and hope for those left behind.



Canadian Mental Health Association (CMHA) – Calgary Region was established in 1955 and is an independent branch of Canada's most established national mental health organization. CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience and support recovery. CMHA – Calgary Region builds awareness and provides education, advocacy and support for individuals and families living with mental health disorders, a loss by suicide or addiction.

We provide community-based support programs like supportive and independent living, homeless outreach, recreation, suicide bereavement support and peer support programs for families and individuals. We work closely with other community organizations to bridge gaps in the mental health care system and facilitate access to important services and resources.

Our Vision – Mental Health for All

FOR MORE INFORMATION

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