



Canadian Mental
Health Association
Calgary
Mental health for all



Suicide Bereavement Programs

The experience of a suicide-related loss is often isolating because of the stigma attached to this type of death. The Suicide Bereavement Support Program offers a variety of services such as one-on-one counselling, a psycho-educational support group, individual peer support, drop-in groups as well as educational presentations and debriefings to assist survivors in dealing with grief and loss. Our services are open to individuals, couples, and families.

Individual Peer Support

Trained peer volunteer survivors offer one-on-one support to those who have experienced a similar loss.

Drop-in Groups

This group, facilitated by a peer volunteer survivor and a CMHA counsellor, provides a confidential and safe environment for those who have experienced a loss by suicide to share, network and meet others who can understand and provide support.

Life After Loss: 10 Week Support Group

Co-facilitated by counsellors and peer volunteer survivors, individuals will receive knowledge about the grief process in an environment where they can create connections with others to develop a network of support. 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.

Bereavement Counselling

CMHA Calgary offers suicide bereavement counselling to individual, families and couples to develop an enhanced understanding of their own grief and loss journey. Individuals are supported through the one-to-one interactions to receive coping strategies to stay well after the loss of their loved one.

Canadian Mental Health Association – Calgary Region

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