

Suicide Prevention Resources

Sharing resources on suicide prevention is important, because suicide thoughts or behaviour is one of the most common reasons for reaching out to crisis supports.

Safety planning and developing risk buffers (things that reduce risk of suicide) are key. These resources can help with making a safety plan, and coping with thoughts of suicide.

When working with individuals who may be experiencing suicide thoughts and/or behaviour, a risk assessment should be completed. While the evidence base around online suicide prevention continues to grow, research has shown that "people with suicidal thought are more inclined to seek technology-delivered interventions than in-person forms of treatment", making online resources and apps an "ideal platform for treatment delivery". *Wilks CR, Chu C, Sim D, Lovell J, Gutierrez P, Joiner T, Kessler RC, Nock MK. User Engagement and Usability of Suicide Prevention Apps: Systematic Search in App Stores and Content Analysis, JMIR Form Res 2021;5(7):e27018*

The websites and apps below can be useful and complimentary to clinical treatment, when appropriate.


Legend

-  Indigenous/First Nations
-  Youth
-  Adult
-  African Nova Scotians
-  Veterans/First Responders
-  Available in other languages

Create a safety plan. Be prepared if you find yourself in a crisis




Be Safe by **mindyourmind** is an evidence-informed safety planning and service navigation app developed in partnership with youth. Develop a safety plan before you are in crisis. You can complete a mobile safety plan by filling in the prompts directly on a phone. This safety plan is intended to be completed when you aren't in crisis, to support you when you are.

[App Store](#) [Google Play](#)



RiseUp Text RISE to 686868

Black youth across Canada can access free wellness support 24/7. RiseUp is powered by **Kids Help Phone** is a national, 24/7, bilingual e-mental health support service for Black youth. The service is free and available from coast to coast. It's a program built in collaboration with Black community partners, Kids Help Phone's **Black Advisory Council** and people from across the Afro-diaspora of many different ages, genders and backgrounds.


Hope for Wellness Helpline

Available 24/7 to all Indigenous people across Canada

Call 1-855-242-3310  Chat online

Experienced and culturally competent counselors are reachable by telephone and online "chat". Both telephone and online services are available in English and French. Telephone support is also available upon request in : Cree, Ojibway (anishinaabemowin) and Inuktitut.








The Virtual Hope Box (VHB)

Designed by the US Department of Veteran Affairs, and made available to the public for use with a behavioral health provider as an accessory to treatment for those at risk of suicide. The VHB contains simple tools to help patients with coping, relaxation, distraction and positive thinking. Clients and providers can work together to personalize the VHB content on the clients own smartphone according to the clients specific needs.

[App Store](#) [Google Play](#)


National and provincial resources

National

9-8-8 Suicide Crisis Helpline

Call or text 9-8-8.



Call: 1-800-668-6868
Text: 686868

CASP CANADIAN ASSOCIATION FOR SUICIDE PREVENTION
ACPS ASSOCIATION CANADIENNE POUR LA PRÉVENTION DU SUICIDE

Provincial



Provincial Crisis Line:
1-888-429-8167



Eskasoni Mental Health Services
Mi'kmaq Crisis Line:
1-855-379-2099

Resources for people impacted by suicide loss



Canadian Mental Health Association
Nova Scotia
Mental health for all

Hope and Healing in Nova Scotia: An Emotional and Practical Guide for Survivors of Suicide Loss



Mental Health Commission of Canada
Commission de la santé mentale du Canada

Toolkit for people who have been impacted by a suicide loss