

Skills for Safer Living:

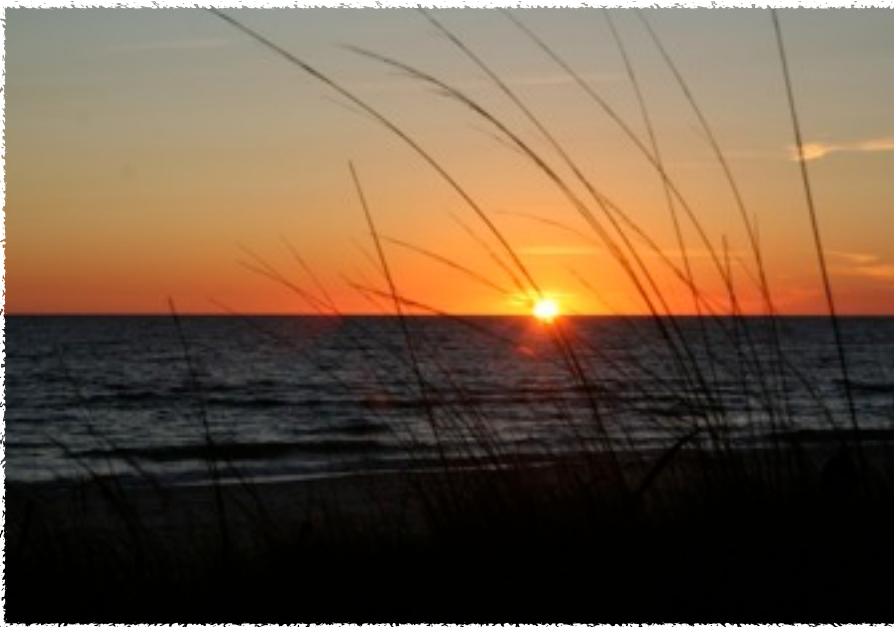
An intervention for those with recurrent
suicide attempts



CANADIAN MENTAL
HEALTH ASSOCIATION
Grand River Branch



Self Help Alliance
self help • peer support • recovery



The 2nd - 20 week Psychosocial/
Psychoeducational intervention for people with
recurrent suicide attempts will begin May 10 at
Kitchener CMHA, 11am - 12:30. Continued
thanks to St Michael's Hospital and the Canada
Post Foundation for Mental Health.

Some fundamental criteria must be met including 2 or more attempts,
community support, stable housing and transportation to attend the
weekly group. Once the 20 weeks are complete, individuals will be
invited to continue with a Peer Suicide Intervention Support Group.

For a glimpse into the workings of the group, watch a video at:
nfb.ca/film/drawing_from_life

If you interested in the application process , contact
Cambridge Centre for Mental Health 519-740-7782 X 0