

# Community Post-Suicide Support in Ottawa: Project Brief

Each year there may be as many as 100 suicides in Ottawa. New data shows us that one suicide can affect 65 to 115 people.



## The Post-Suicide Support Team

The Ottawa Suicide Prevention Coalition's Post-Suicide Support Team (PSST) is a volunteer group dedicated to supporting communities who have lost someone to suicide by providing group healing sessions.

Talking helps, and this mobile team gives people a chance to do that. The PSST sessions allow participants to express how they feel about the incident, honour the person who died, enhance strength and resiliency, and identify those who are struggling to cope and link them to resources.

Some groups that may benefit from the PSST include sports teams, service providers, parents, classmates, employee groups, community or neighbour groups.

## This project aims to ensure that the PSST:

- is properly supported to quickly and safely respond to the needs of the community
- has continued alignment with best practice
- is more visible and accessed by the community
- is evaluated on an on-going basis

## Project Approach



Implementation Science



Service User- and Client-Centered



Collaboration



Community Engagement



Health Equity



Build on Current Successes and Experiences

## Project Partners

Bereaved Families of Ontario - OTTAWA REGION

Canadian Mental Health Association, Ottawa Branch

Centre for Addiction and Mental Health, Provincial System Support Program and Health Promotion Resource Centre

Community Suicide Prevention Network

Distress Centre of Ottawa and Region

Geriatric Psychiatry Community Services of Ottawa

Ottawa Community Support Coalition

Ottawa Police Service

Ottawa Public Health

South-East Ottawa Community Health Centre

The Ottawa Hospital Mobile Crisis Team

Western Ottawa Community Resource Centre

Youth Net/Réseau Ado

Youth Services Bureau

Bill McLeish (Community Member)

Dr. Jennifer Vriend (Psychologist)

Kathleen Gorman (Community Member)

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