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
- Collaboration
- Health Equity
- Service User- and Client-Centered
- Community Engagement
- Build on Current Successes and Experiences

For more information, please contact rouimet@cmhaottawa.ca

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)