

# Skills for Safer Living:

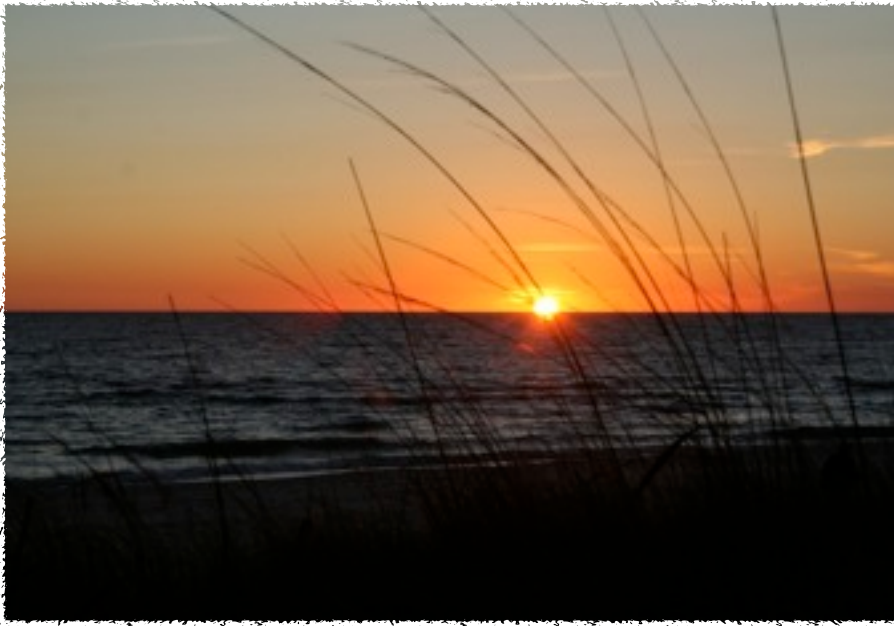
An intervention for those with recurrent  
suicide attempts



CANADIAN MENTAL  
HEALTH ASSOCIATION  
Grand River Branch



Self Help Alliance  
self help • peer support • recovery



20 week Psychosocial/Psychoeducational  
intervention for people with recurrent suicide  
attempts.

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](http://nfb.ca/film/drawing_from_life)

If you are interested in the application process,  
and for future dates contact

Cambridge Centre for Mental Health 519-740-7782 X 0