

# Suicide Prevention Toolkits

## For people who have been impacted by a suicide attempt or suicide loss

There is no right or wrong way to seek help. These toolkits are a non-exhaustive list of the very wide variety of resources available for support.

**Scan the QR code to read the full toolkits**



[mentalhealthcommission.ca/suicide-prevention-toolkits](https://mentalhealthcommission.ca/suicide-prevention-toolkits)



Mental Health  
Commission  
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Commission de  
la santé mentale  
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Canadian Mental  
Health Association  
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centre for  
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CASP CANADIAN ASSOCIATION  
FOR SUICIDE PREVENTION  
ACPS ASSOCIATION CANADIENNE POUR  
LA PREVENTION DU SUICIDE

