

# Suicide Awareness Resource Toolkit



## Emergency Support

Local Emergency Resources  
**9-1-1**

[Suicide Crisis Helpline](#)  
**9-8-8**

[Kids Help Phone](#)  
**1-800-668-6868**



Mental Health Support:  
Get help - Canada.ca

## Knowledge Building



### [Suicide in Canada - Canada.ca:](#)

- [About Suicide - Canada.ca](#)

### [Suicide Prevention Framework - Canada.ca:](#)

- [Suicide Risk and Protective Factors](#)

### [Suicide Prevention - Mental Health Commission of Canada:](#)

- [Breaking Stigmas, Saving Lives - Mental Health Commission of Canada](#)
- [Safer Conversations about Suicide on Social Media – Mental Health Commission of Canada](#)

### [Canadian Association For Suicide Prevention Suicide Prevention](#)

[Canada - CASP - Service Support Directory - CASP - Canadian suicide prevention conference](#)

## Defence Team Support Services

### [Canadian Forces Member Assistance Program](#)

1-800-268-7708  
(TTY: 1-800- 567-5803)

### [Employee Assistance Program](#)

1-800-663-1142  
(TTY: 1-888-384-1152)

### [Canadian Armed Forces Sentinel Program - Peer Support Resources](#)



Defence Team –  
Mental Health  
and Wellness

## Defence Team Policy, Reports & Guidance

### [The Suicide Prevention and Intervention Guide for CAF Leadership](#)

### [The Suicide Postvention Guide for CAF Leadership](#)

### [DAODs 5017-0 Mental Health](#)

### [Joint Suicide Prevention Strategy - Canadian Armed Forces and Veterans Affairs Canada - Canada.ca](#)

### [2023 Report on Suicide Mortality in the Canadian Armed Forces \(1995 to 2022\) - Canada.ca](#)

## Learning Opportunities



### [Defence Team Training:](#)

- [Strengthening the Forces Health Promotion Program](#)
- [Strengthening the Forces – ACE Model Refresher Course \(DLN\)](#)
- [Become a Defence Team Mental Fitness and Suicide Awareness Leader](#)

### [External Training:](#)

- [Mental Health First Aid - Standard - Opening Minds](#)
- [LivingWorks Suicide Prevention Training](#)
- [Mental Health Learning Series - CSPS \(cspc-efpc.gc.ca\)](#)

## Toolkits



### [Suicide Prevention Toolkits - Mental Health Commission of Canada](#)

### [Suicide Postvention Resources for Canadian Communities - Mental Health Commission of Canada](#)

### [Language Matters: Safe Communication for Suicide Prevention](#)

### [Suicide in Canada: Key Statistics \(Infographic\)](#)