



# 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](https://www.canada.ca/get-help)

## 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

## 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

## 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 (csps-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)