

Community Suicide Awareness

The Canadian Mental Health Association Nova Scotia [CMHA NS] Division is part of a nation-wide charitable organization that promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness.

Communities Addressing Suicide Together (CAST) is a Program of CMHA NS. The CAST Program works with communities in NS to build and strengthen their capacity to address suicide through the development and sustainability of community coalitions, education and training, awareness events and resource sharing. The CAST Program is working with Nova Scotians to build suicide-safer communities in the province.

Community Suicide Awareness¹ is a 60 minute education session for individuals age 16 years and older. **Community Suicide Awareness** provides participants with education and tools to help prevent suicide in their communities. **Community Suicide Awareness** provides participants with useful information and tips to make them more comfortable and confident with dealing with issues of suicide.

Community Suicide Awareness covers a broad area of suicide prevention, including such information as:

- What is suicide?
- Who is at risk?
- How to help
- Warning signs of suicide
- How to spot signs & symptoms?
- Mental health resources

The CMHA NS CAST Program values the importance of community suicide prevention education and as a result, is offering **Community Suicide Awareness** on a cost recovery basis to NS communities.



For more information regarding **Community Suicide Awareness**, please contact the CMHA NS CAST Program:

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¹ Adapted from CMHA New Brunswick's Suicide Awareness PowerPoint August 2016