



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 Nova Scotians to build suicide-safer communities by strengthening their capacity to address suicide through the development and sustainability of community coalitions, education & training, awareness events and resource sharing.

Community Suicide Awareness¹ is a 90 minute education session for individuals age 16 years and older. **Community Suicide Awareness** provides participants with helpful information, tools & tips to make them more comfortable and confident when 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 Nova Scotia 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