
FREQUENTLY ASKED QUESTIONS

Is there a fee to participate in this group? No. This program is free.

Where will this group meet and how often?

The Community Suicide Prevention Peer Support group will meet weekly over Zoom. Each group will run approximately eight weeks.

What if I suspect my mental health symptoms are more serious?

If you are in crisis, please contact the Mental Health Mobile Crisis Team, which provides support to those experiencing an immediate mental health crisis, including thoughts of suicide. This support is available 24/7.

Call: 902.429.8167
or 1.888.429.8167 (Toll Free)

ABOUT CMHA - NS DIVISION

*Mentally healthy people
in a healthy society.*

The Canadian Mental Health Association - NS Division was established in Nova Scotia in 1918.

CMHA - NS Division's mission is to support the Mental Health of all Nova Scotians by providing provincial and local community leadership to innovative evidence-based mental health promotion, injury-disease recovery-based prevention supports and services for all Nova Scotians.

CONTACT US:

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**Canadian Mental
Health Association**
Nova Scotia
Mental health for all

Community
Suicide
Prevention
Peer
Support
Group

You are
not
alone.



**Canadian Mental
Health Association**
Nova Scotia
Mental health for all

ABOUT

Many of us have had suicidal thoughts at some point in our lives. Feeling suicidal is not a character defect, and it doesn't mean that you are weak, or flawed. It only means that you have more pain than you can cope with right now. But with time and support, you can overcome your problems and the pain and suicidal feelings will pass.

The Community Suicide Prevention Peer Support Group is a non-clinical, peer-facilitated pilot support group for adults who have recently contemplated suicide or have persisting suicidal thoughts. Each group will focus on high-risk communities. This is a safe judgement-free space for participants to learn and share their personal journeys with suicide.



WHO SHOULD ATTEND?

- Adult Males (45 +)
- Youth Males
- LGBTQ community members
- Members of the Indigenous community
- Those who have lost someone to suicide

NOTE: CMHA - NS Division strongly believes that peer support can be of great benefit, but this group is NOT a substitute for professional mental health support and assessment.

SESSION TOPICS:

- Understanding behaviour
- Responsibility and Commitment
- Values and Integrity
- Boundaries
- Self-disclosure and Trust
- Communication and Conflict

TO REGISTER:

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