



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

The Canadian Mental Health Association – Nova Scotia Division offer a series of virtual Community Suicide Prevention Peer Support Groups beginning February, 2021.

This pilot initiative, which is supported by the Department of Health and Wellness, will focus on communities identified as high risk, including adult males, youth males, members of the LGBTQ community, members of the Indigenous community, and those who have lost someone to suicide.

We are aiming to offer the first group by mid-February. This first group will be focused on adult males, aged 45+.

Please note that this support group is non-clinical. CMHA-NS Division can only accept patients and clients who are in the contemplative phase. We are currently unable to accept patients or clients who are at high risk of suicide completion.

If you have any patients that you feel would benefit, please refer them to:
Shobha Gashus by phone at 1-877-466-6606 ext. 2 or by email at
education02@novascotia.cmha.ca.

Thank you,

Pamela Magee (*she/her/elle*)

Executive Director

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