

To assist you with conversations to promote hope and resiliency in your family, the Canadian Association for Suicide Prevention (CASP) and Klinik Community Health Centre, have produced a resource package that can be downloaded by visiting www.suicideprevention.ca or www.de-stress.ca.

These resources include:

Are You OK?

A Four Step Approach to Being Mentally Healthy

Calm In the Storm – Coping with the Stresses of Life

Every Person's Guide to Self Compassion

21 Ways to Enjoy Life More

Produced by the Winnipeg Regional Health Authority (WRHA) Mental Health Program. This resource can be downloaded from the WRHA website at www.wrha.mb.ca

Enjoy Life More – Make Stress Work for You

Produced by the WRHA Mental Health Programs. This resource can be downloaded from the WRHA website at www.wrha.mb.ca

Know When to Ask about Suicide and What To Do

Coping with Suicidal Thoughts and Safety Planning

Older Adults and Mental Health

The Canadian Coalition for Seniors Mental Health has produced a number of resources for promoting seniors mental health. These valuable resources are available on line at www.ccsmh.ca and include;

- Depression in Older Adults: a guide for seniors and their families
- Suicide Prevention among Older Adults: a guide for family members

For information on distress/crisis lines in your community or other resources on suicide prevention and suicide bereavement visit CASP's website at www.suicideprevention.ca

Hope and Resiliency at Home



You can
make a
difference....



CASP/ACPS



Families generally put a lot of attention into protecting and nurturing their physical well-being and safety. However we often do not put the same thought or energy into protecting and nurturing our mental, emotional and spiritual well-being, and learning how to stay safe in the event of a personal crisis. As an important source of strength families, however defined can provide protection and safety and help increase each person's capacity to be more hopeful, resilient, self-compassionate, and joyful.

While everyone is responsible for their own well-being and personal safety, we also need the help and support of family, friends and community, regardless of age. Here are some things your family can do to support mental wellness and increase each person's ability to keep safe when times are tough.

- *Make time to talk and make it a priority.*
- *Take time to look and listen, everyone needs to be seen, heard and understood, no matter age or their position in the family.*
- *Have conversations about getting through difficult times.*
- *Have family conversations about balancing life-work-school and other responsibilities with self care.*
- *Talk about healthy ways of coping with difficult emotions.*
- *Discuss what gives each person strength and hope.*
- *Learn ways to calm, relax and soothe the self.*
- *Learn ways to enjoy life more.*
- *Learn about and practice self compassion.*
- *Have conversations about life meaning and beliefs. What gives each person's life a sense of purpose.*
- *Celebrate the unique worth of each and every family member, honoring their differences.*
- *Make time together on "special" days (birthdays, anniversaries, holidays) and regular dinners.*
- *Discuss how you support each other during difficult times. How you will let each other know you are struggling, feeling unsafe and need help.*
- *Discuss safety plans and how to cope with thoughts of suicide. It is OK to talk about thoughts of suicide. A safety plan can be downloaded from CASP's website at www.suicideprevention.ca.*

- *Talk about recognizing the signs and symptoms of depression.*
- *Give every member of your family a help card with the phone number of the local crisis or distress line.*
- *Give everyone in your family a help card for the De-Stress website, www.de-stress.ca.*
- *Share knowledge about community resources and how to access them.*
- *Know when to ask about suicide and what to do.*
- *Make time to play and be active together.*
- *Do something every day to let people know you care about them.*
- *Do something every day to let yourself know that you matter, practice self compassion.*

We cannot always protect our families no matter how hard we try. At some point in their lives most people will experience a traumatic event. Trauma is a part of being human. It is unavoidable, unpredictable and inescapable. The effects of trauma can be deep and long lasting, affecting people for years. However most people will recover quickly from traumatic events and many people often grow from these experiences. Support from family and friends plays a big role in healthy recovery from these events. To learn more about trauma and recovery visit www.trauma-recovery.ca.

Canadian Association for Suicide Prevention

870 Portage Avenue
Winnipeg, Manitoba
R3G 0P1

casp@suicideprevention.ca
www.suicideprevention.ca