



Skills for Safer Living

An Intervention for those who have Attempted Suicide



What are Self Help services?

Self Help services are offered by people for people who have experienced a mental health and/or addiction issue. Our vision is hope and support for recovery through the shared lived experience. *We believe recovery is possible!*

What is Skills for Safer Living?

Skills for Safer Living Intervention Group

A 20-week suicide-intervention skills development group to reduce the potential risk factors for suicidal related behaviours.

Peers for Safer Living Support Group

Once the 20 weeks are complete, individuals are invited to continue with an ongoing peer suicide-intervention support group.

Groups are offered in Guelph, Cambridge and Kitchener-Waterloo.

Criteria

Some fundamental criteria must be met including a minimum of one or more attempts, community support, stable housing and transportation to attend the weekly group.

"I care about myself...I feel better...I mean, I'm not perfect - But boy, the benefits outweigh the hard work it is to get here...That's a decision, and I feel so embraced by this group that there's no turning back. I have a life and it's going to get better and better and better."

- Participant from Skills for Safer Living

"I think I've become a lot stronger to fight to live...I was living for dying for so many years...Now I'm fighting to live."

- Participant from Skills for Safer Living

How do I access Skills for Safer Living?

To learn more about Skills for Safer Living contact:
(519) 570 4595 x4063

You can also visit our website:
www.cmhawwselfhelp.ca

Self Help Location

Cambridge

1-9 Wellington Street
Cambridge ON N1R 3Y4
P: (519) 623 6024
TF: 1 (844) 264 2993

Guelph

207-147 Wyndham Street N.
Guelph ON N1H 4E9
P: (519) 763 4014
TF: 1 (844) 264 2993

Kitchener

67 King St. E.
Kitchener ON N2G 2K4
P: (519) 570 4595
TF: 1 (844) 264 2993

Privacy

At Self Help, your privacy is paramount. To learn more about our privacy policies visit:

www.cmhaww.ca/privacy



Canadian Mental Health Association
Waterloo Wellington

Association canadienne pour la santé mentale
Waterloo Wellington