



Survivors of Suicide Resource Book

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Suicide Grief: What Can You Do?

Losing someone to suicide is hard. Those around may not understand what you are feeling.

I feel Angry and Guilty



People may feel a number of emotions after losing someone to suicide. These emotions can include sadness, shame, guilt, anger, or even a mix. Your emotions may change as you begin to process what happened. They may vary in type and intensity for each person. This is normal.

How will I bear this?

Grief and healing take time. Some days may seem easy to handle and others may seem overwhelming. Be patient with yourself and know that it will get better. It is normal to have ups and downs. If you are having a difficult time it is important to reach out for help. Talk to a family member, a friend, a co-worker, or someone you trust. You could also try a support group. Spending time with people who have lived through similar experiences often help with the healing process.

How will I get through this?

The grief process for suicide survivors is unique and complex. Losing loved one to suicide may leave the survivor searching for answers.

You may feel waves of emotions. These can include numbness, shock, loss, sadness, or loneliness. You may find you are functioning and isolating yourself from others. You may also experience problems sleeping and eating as well as focusing or concentrating.

There is no right way to grieve. While there may be likenesses, the grief process after a suicide is unique.

It is important to move through the stages at your own pace. The length of time needed to grieve and mourn varies from person to person. How long it takes isn't as important as the actual movement.



This is not your fault

After a suicide loss, people may replay things that happened before the event. They might be questioning things they should or should not have done.

It is important to remember that the loss of a loved one is not your fault. Warning signs are not always obvious or might have been hidden. It is even possible you were not taught what to be aware of.

As a friend, what can I do?

Treat your friend as you would treat anyone else who has lost a family member. Be kind and patient. Each person is different in how they grieve. It can take some time to completely work through the grief and deal with all their feelings. Be available to listen and help. Remind them that no one is to blame.

If your friend needs more support than you can offer, reach for more help. Encourage your friend to consider counselling or a support group. Advocate for them and even go with them in the beginning.

Don't be afraid to talk about suicide with your friends. Allow the survivor space to talk about their feelings. Sometimes the biggest thing we can do is simply listen.

People may want to access supports or resources, and some are included in this booklet. Remember, grieving is a personal process and so is accessing support and resources. Many times, multiple resources are beneficial.



Important Phone Numbers and Resources

Mental Health Help Line

1-877-303-2642

Health Link

811

Crisis Texting Service

Adults - Text CONNECT to 741741

Youth – Text TALK to 686868

Indigenous Mental Health

1-855-242-3310

Kids Help Phone

1-800-668-6868 (up to age 20)

Primary Care Support Program

#104, 11745 105 Street
Grande Prairie, AB T8V 8L1
Phone: (780) 539-9204

The Grande Prairie PCN Primary Care Support Program works with physicians to support patients in achieving better health and wellness. The program provides access to social workers, mental health therapists, exercise therapists, and dietitians.

Patients are referred to the Primary Care Support Program by their PCN-member family physician, or through other Grande Prairie PCN programs.

Integrated Crisis Access Team (ICAT)

#300, 9728 101 Avenue Aberdeen Centre
Grande Prairie, AB T8V 5B6
Phone: (587) 259-5513

ICAT is a multidisciplinary team of mental health professionals. It acts as an entry point for people seeking mental health and addiction services or those in crisis.

1 on 1 intake is available Monday to Friday from 9:00AM to 4:30PM

QEII Hospital Emergency Department

10409 98 Street
Grande Prairie, AB T8V 2E8
Phone: (780) 538-7100

Medical and psychiatric help for people in crisis
Monday to Friday from 8:00AM to 4:00PM

GPRC Walk-In Clinic

10620 104 Avenue
Grande Prairie, AB T8V 8J8
Phone: (780) 814-5800
Monday to Friday 9:00AM – 5:00PM

Single Session Counselling: Make an appointment with a doctor to get referred to the counsellor

Primary Care Network After Hours Clinic

#104, 11745 105 Street
Grande Prairie, AB T8V 8L1

Monday to Friday 5:00PM – 10:00PM
Saturday and Sunday 10:00AM – 9:00PM



Support Groups and Programs in Grande Prairie

Men's Support Group

Resource Centre for Suicide Prevention
#200, 10014 99 Street (Nordic Court)
Grande Prairie, AB T8V 3N4

Phone: (780) 539-6680

Free drop-in peer support group for men dealing with family loss, stress, conflict, low self-esteem or emotional issues. Runs every Wednesday night 7-9pm.

Men's Talk

Resource Centre for Suicide Prevention
#200, 10014 99 Street (Nordic Court)
Grande Prairie, AB T8V 3N4

Phone: (780) 539-6680

Email: menmhg@sp-rc.ca

Free weekly support group for men with a therapeutic focus. Runs every Monday night 7-9pm. This group requires pre-registration and completion of an intake form with the facilitator. Email menmhg@sp-rc.ca to register.

Women's Support Group

Pace Centre
10031 103 Avenue
Grande Prairie, AB T8V 1B9

Phone: (780) 539-6692

Email: Leanne@pacecentre.com

Women's Support Group is currently being offered virtually each Tuesday from 6:30pm – 8:30pm. This program requires the completion of an intake. Email leanne@pacecentre.com to register.

Good Grief Community

Bear Creek Funeral Home
11802 99 Avenue
Grande Prairie, AB T8W 0C7

Phone: (780) 830-7742

Facebook:

www.facebook.com/groups/goodgriefcommunity

GOOD GRIEF COMMUNITY meets weekly on Wednesdays from 7-8PM in Grande Prairie if you'd like to have coffee with others who have walked the path of grief.

Suicide Bereavement Support Group

Resource Centre for Suicide Prevention
#200, 10014 99 Street (Nordic Court)
Grande Prairie, AB T8V 3N4

Phone: (780) 539-6680

Email: info@sp-rc.ca

An 8-week closed group for individuals who have experienced a suicide loss. This group requires pre-registration.

Grief Share Oliver's Funeral Home

Phone: (780) 814-1224

Facebook:

www.facebook.com/groups/3849634301719262

A 13-week program ran by an experienced facilitator. Each meeting is a self-contained meaning you do not need to attend all sessions or attend in any order to benefit from this program.



Counselling and Supports in Grande Prairie

This is not an exhaustive list of all the counselling services in Grande Prairie. Not all methods and therapists will suit everyone. You may need to explore multiple therapists before you find someone who is right for you. Don't feel discouraged if the first place you try isn't working for you.

Bear Creek Counselling

#104, 9814 97 Street
Grande Prairie, AB T8V 8H5
Phone: (780) 513-6333

Bear Creek Counselling has a total of 5 counsellors to offer support for individuals, children, and families. They also offer trauma therapies.

Burden Bearers

#301, 9835 101 Avenue (Windsor Court)
Grande Prairie, AB T8V 5V4
Phone: (780) 539-5225

Burden Bearers is a Christian based counselling society that provides support to individuals, couples, and families.

Calming Energy Counselling

#203, 9728 101 Avenue
Grande Prairie, AB T8V 5B6
Phone: (780) 978-3466
Email: calmingenergygp@gmail.com

Adele Rideout is a registered psychologist who works with children, youth, and adults to counsel in the areas of anxiety, trauma, grief and loss, parenting, and stress.

Catholic Family Services Grande Prairie

10105 102 Street
Grande Prairie, AB T8V 2V8
Phone: (780) 532-9381
Email: admin@cfsgrp.ca

Catholic Family Services offers a sliding fee scale to make counselling obtainable to anyone regardless of income. They provide services to individuals, couples, families, and youth.

Clearwater Counselling Services

#103, 10418 99 Avenue
Grande Prairie, AB T8V 0S3
Phone: (780) 512-3786

Teryl Schollaardt is a registered social worker who has experience working with grief, couples, EMDR, and art therapy.

Mellon Psychological Services

#419, 9728 101 Avenue
Grande Prairie, AB T8V 5B6
Phone: (780) 512-5301
Email: mpservicesgp@gmail.com

Sheila Mellon is a registered psychologist who offers counselling to individual adults and adolescents.



Integrative Psychological Services

#103, 10418 99 Avenue

Grande Prairie, AB T8V 1C1

Phone: (780) 897-0221

Email: vj.integrative@outlook.com

Vicki Juneau is a registered psychologist who provides individual, family and couples therapy. She is trained in EMDR as well as Integrative Yoga Therapy.

Janet Tink Counselling

Email: jtink2@telus.net

Janet is a registered psychotherapist with an art therapy specialization. She works with adults, youth, children and couples. Her practise is by e-therapy during the present isolation.

Laurie Fisher Counselling & Consulting

#409, 9728 101 Avenue

Grande Prairie, AB T8V 5B6

Phone: (780) 539-4141

Laurie Fisher offers counselling to adults with a focus on anxiety and trauma. She is also an approved provider for first nations & Inuit health as well as first responders.

Paramount Psychology

#103 10418 99 Avenue

Grande Prairie, AB T8V 0S3

Phone: 780-532-4944

Email: admin@paramountpsychology.com

A team of psychologists, social workers and counsellors offer the highest quality counselling services to children, youth and adults with a wide range of presenting concerns.

Fritzke Counselling & Psychological Services

#405, 9728 101 Avenue (Aberdeen Centre)

Grande Prairie, AB T8V 5B6

Phone: (780) 533-3370

Email: fcps@telus.net

Bruce Fritzke is a registered psychologist who works with families and individuals. He also offers evening appointments to remove scheduling barriers.

PMH Psychological Services

#1130, 9909 102 Street

Grande Prairie, AB T8V 2V4

Phone: (587) 299-9687

Email: pmhpsych@me.com

PMH Psychological offers counselling for adults and elderly as well as consultations and assessments for children and youth.

Solutions Psychological Services

8609 102 Street

Grande Prairie, AB, T8V 2S5

Phone: (780) 512-8812

Dr. Shirley Karseboom offers individual, child, and couples' therapy. She is trained in EMDR and Pet Therapy. She also works with First Nations Inuit Branch, Veteran Affairs, and the RCMP.



Helpful Apps

Always There

Some things can be hard to say out loud. If you need a little one-on-one time with someone who gets what's going on in your life, you can connect directly with a Kids Help Phone counsellor through the Always There chat app.



Calm

Calm is a leading app for meditation and sleep. Join the millions experiencing lower stress, less anxiety, and more restful sleep with our guided meditations, Sleep Stories, breathing programs, masterclasses, and relaxing music.

Clear Fear

Clear Fear provides you with a range of ways to manage anxiety.



eMoods

private and easy to use mood tracker and diary for journaling, graphing, reporting, and managing symptoms related to Bipolar, Depression, Anxiety, and other mood disorders. Start tracking, notice your triggers, and take control of your mood and other symptoms!

HealthyMinds

HealthyMinds is a problem-solving tool to help deal with emotions and cope with the stresses you encounter both on and off campus. The goal: Keeping your mind healthy.



Mindshift

Is anxiety getting in the way of your life? MindShift uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

Woebot

Always on-hand to have a quick chat whenever and wherever you need day or night, Woebot can help your through difficult moments. Have a friendly expert in your pocket work with you to improve your mental health!



Breathe2Relax

Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.



Calm Harm

Calm Harm provides tasks to help you resist or manage the urge to self-harm. Get started by setting your password so that it's completely private.

Hope by CAMH

This app will guide you through creating a personalized suicide safety plan that will help support you when you are feeling sad or hopeless, or experiencing thoughts of suicide. This app also contains information on suicide prevention and crisis and support resources.



Headspace

Get the most out of your day with the Headspace meditation app. We'll help you focus, breathe, stay calm, perform at your best and get a better night's rest through the life-changing skills of relaxation, meditation and mindfulness. In just a few minutes a day, you'll learn how to train your mind and body for a healthier, happier, stress-free life.

Insight Timer

Guided meditations and talks led by the world's top meditation and mindfulness experts, neuroscientists, psychologists and teachers from Stanford, Harvard, the University of Oxford and more.



The Action For Happiness App



This app sends you uplifting and mindful quotes throughout the day. It also has all the action for happiness calendars available.

5 Min Journal

The Five Minute Journal is the simplest thing you can to start your day happier. Based on proven positive psychology research, it focuses your attention on the good in your life and helps you set purposeful action in just 5 minutes a day! It's the journal that WORKS.



Further Reading and Documents

- Healing Your Spirit Surviving After The Suicide Of A Loved One
<https://www.albertahealthservices.ca/assets/healthinfo/ip/hi-ip-pipt-chc-healing-your-spirit.pdf>
- Hope and Healing A Guide for People Who Have Lost Someone to Suicide
<https://www.albertahealthservices.ca/assets/healthinfo/ip/hi-ip-pipt-chc-hope-and-healing-brochure.pdf>
- After a student suicide
https://www.suicideinfo.ca/wp-content/uploads/2016/03/After_a_student_suicide_web.pdf
- Talking with children and teens about suicide and violent deaths
https://elunanetwork.org/assets/files/Tips_Postcard-pdf.pdf
- Grief after Suicide – Bill Webster
<https://bearcreekfuneral.com/grief-after-suicide/>
- A Handbook for Survivors of Suicide
https://suicidology.org/wp-content/uploads/2019/07/SOS_handbook.pdf
- When Families Grieve
https://cdn.sesamestreet.org/sites/default/files/media_folders/Media%20Root/Grief_CaregiverGuide.pdf?_ga=2.112726210.797479348.1603222036-188343599.1603222036
- Supporting Children After Suicide...
https://www.atsispep.sis.uwa.edu.au/_data/assets/pdf_file/0020/3020438/Supporting-Children-After-Suicide-Booklet.pdf

