



## September is World Suicide Prevention Month

### Vancouver Island Crisis Society is now offering ISLAND-WIDE Suicide Bereavement Support Services

From 2006 to 2013, Vancouver Island Crisis Society facilitated a monthly suicide bereavement support group at our Conference Room in Nanaimo. However, because Vancouver Island Crisis Society is an Island-wide service, we were always cognizant of communities that did not have access to these kinds of supports -- especially with the complexity suicide bereavement brings.

Our new Suicide Bereavement Support Services have begun being offered to Vancouver Island survivors of suicide loss this month as we honour World Suicide Prevention Day on September 10, as part of World Suicide Prevention Month.

We offer a two-tiered, flexible support system that considers that longer-term help is beneficial to the healing process.

1. **Our Suicide Bereavement Support Group meets on the first Wednesday of every month via the Zoom platform.** The purpose of our support group is to create a safe space once a month for sharing feelings of loss and grief with others who understand what it is to survive a suicide loss.
2. **Survivors of Suicide Loss can meet one-on-one in person, over the phone, or via Zoom.** We believe that a longer-term therapeutic alliance between a qualified and experienced bereavement support person and someone bereaved by suicide has the potential to be an integral part of that person's healing journey and their overall wellness and resilience.

We adhere to research that evidences that suicide bereavement support services need to be flexible in how they respond to the unique needs of survivors and thus provide flexible, individualized, longer-term support through an online monthly suicide bereavement support group powered by Zoom, individual support sessions, and educational programs.

Please visit our **Suicide Bereavement Support** page at <https://www.vicrisis.ca/suicide-bereavement-support/> for further details.

***For more information, please contact:***

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Please visit our website at [www.vicrisis.ca](http://www.vicrisis.ca)