



# Skills for Safer Living

An intervention for those who have attempted suicide

## 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



Canadian Mental  
Health Association  
Waterloo Wellington

Association canadienne  
pour la santé mentale  
Waterloo Wellington

## 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.cmhaww.ca](http://www.cmhaww.ca)

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