

Referral Information

Our services are available to Vancouver residents (ages 18+) who are bereaved by suicide. We also offer services for people with suicidal thoughts and loved ones who are concerned about them.

Please call the Access and Assessment Centre (AAC) to connect with S.A.F.E.R.

Access and Assessment Centre
604-675-3700
803 West 12th Avenue
Segal Family Health Centre
Level 1
Vancouver, BC V5Z 1M9

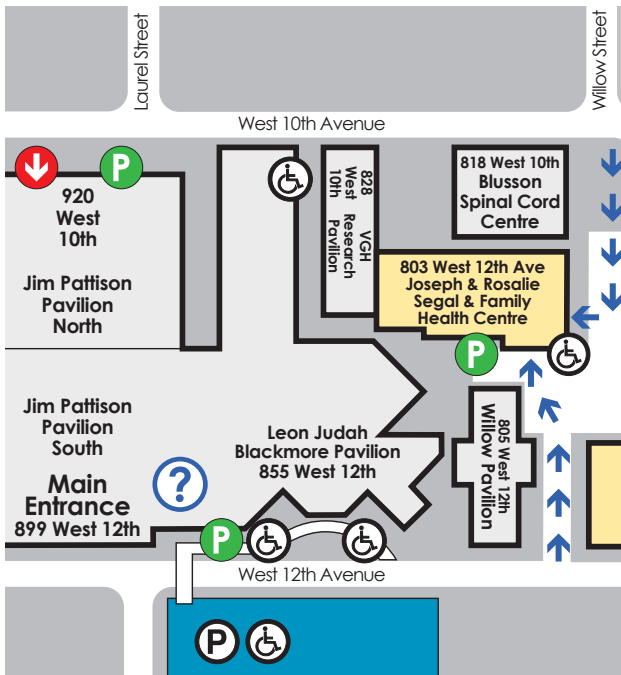
**Mental Health and Substance
Use Outpatient Services**

S.A.F.E.R.
**SUICIDE ATTEMPT FOLLOW-UP,
EDUCATION & RESEARCH**

S.A.F.E.R.
Suicide Attempt Follow Up Education and Research
Working together for excellence
in suicide prevention,
intervention and postvention

Suicide Bereavement

For Referrals
Please contact the Access and
Assessment Centre (AAC)
via phone or in person



For more copies, go online at <http://vch.eduhealth.ca> or email phem@vch.ca and quote Catalogue No. **GV.150.S948**
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The information in this document is intended solely for the person to whom it was given by the health care team.
www.vch.ca

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Promoting wellness. Ensuring care.

You Are Not Alone

Many people know someone who died by suicide. In Canada, more than 4,000 people die by suicide each year (Statistics Canada, 2014). The people left behind, survivors of a suicide loss, often have numbness, deep pain and confusion, which you might be experiencing now. Grieving the loss of a loved one to suicide can bring up complex emotions that can be difficult to deal with.

The Experience of Grief

- Grief takes time, longer than most people think. The length of time grief takes is different for each person, even in the same family.
- Each person's grief is different. How you think and feel will change over time.
- Often, grief begins with shock. It is hard to believe that the person is not here. It is normal for some to feel numb.
- Grief can also bring up feelings of anger and guilt that may be challenging to talk about.

Feelings of Guilt After a Suicide Death

When someone you love dies by suicide, you may go over and over in your mind what was happening before the person died.

You may blame yourself for things you said or did, or for things you did not do. You may ask questions such as "Why?" and "What if...?" over and over again.

Feeling guilt is normal after a loss by suicide, but that doesn't mean you are guilty.

Sometimes people who are bereaved by suicide have suicidal thoughts themselves, and can have a difficult time coping with this.

Family members may sometimes be able to help each other. At other times their own grief may get in the way. Friends may want to help but not know how.

It can be helpful to have someone to talk to about your experience. Counselling is available when you feel ready to seek support.



Where To Get Help

- Family doctor.
- Emergency Department of your nearest hospital.
- Access and Assessment Centre.
- Crisis Line: 1-800-SUICIDE.
- Current counsellor.
- S.A.F.E.R.

How S.A.F.E.R. Can Help

S.A.F.E.R. is a free of charge, time-limited counselling service offered at Mental Health and Substance Use Outpatient Services.

S.A.F.E.R. offers:

- Individual counselling if you have lost someone you care about to suicide.
- Counsellor led group for those ready to work on their grief with others.

**We offer a safe,
non-judgmental space for all
of our clients.**