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# About Us



Founded in 1983, the **Suicide Prevention Centre of Montreal (SPCM)** is the only organisation that has been providing suicide prevention services to Montrealers **for over 41 years**, offering support and intervention in times of distress. The SPCM is an autonomous community organisation that freely defines its mission and actions. It is guided by a Board of Directors that ensures rigorous governance as well as independence of action and mission to represent the needs of the community.

## MISSION

The Suicide Prevention Centre of Montreal (SPCM) has a mission to prevent suicide and its impact by ensuring access to quality services for people with suicidal thoughts, their families and caregivers. In addition, the SPCM relies on the commitment and skills development of individuals and organisations in the community.

## MANDATE

Our mandate is one of suicide prevention in the Greater Montreal area. This mandate is also largely marked by the collaboration between the SPCM and a multitude of organisations that take action in the community to address various issues (e.g. homelessness, consumerism, domestic violence, etc.), in order to act in complementarity with the Montreal community ecosystem.

These actions are based on our values, our mission and the pillars of our vision: community involvement, quality support and outreach.

## STRATEGIC POSITIONING

The SPCM is the leading accredited suicide prevention, intervention and postvention organisation in the Montreal region, serving all populations.

The SPCM team offers adapted, comprehensive support, accessible at all times, based on close complementarity with the organisations in its network and beyond.

## IMPACT VISION FOR 2023-2026

Where will we be next year?

Through the quality and accessibility of its services, the SPCM will have contributed to the reduction in the number of suicides in the Greater Montreal area. What's more, the SPCM's work will have helped to break down the systemic taboos surrounding suicide and raised public awareness of the issues involved.

## OUR VALUES

**Caring:** All our actions are taken with care towards the community. We take each person as they are, and without judgment.

**Listening:** Our intervention services are based on the principle of listening to the needs of the person, the stressors they are experiencing, but above all, receiving the distress they are experiencing without judgment.

**Protection of Life:** Everyone has the right to life and rescue. Someone considering suicide experiences distress, ambivalence and the sense of being at an impasse, from which hope can be reborn. It is therefore important to protect this hope and offer everyone a chance to hold on to it.

# The SPCM is an autonomous community organisation.

Here are the 8 criteria of autonomous community action (ACA) that govern our organisation:

## 1 **Must be a non-profit organisation:**

The SPCM is a registered non-profit organisation.

## 2 **Must be rooted in the community:**

Proud of its collaborations and actions with its community since 1983, the SPCM continues to create beneficial partnerships and collaborations to strengthen Montreal's safety net

## 3 **Must maintain a democratic and associative life:**

The SPCM is governed by a Board of Directors elected by its members, who are drawn from, and represent the community which it serves.

## 4 **Must be autonomous or free to determine its mission, approaches, practices and direction:**

The organisation's mission is defined by its teams, Board of Directors and members, and is reviewed from time to time as needed.

## 5 **Must be governed by a Board of Directors that is independent of the public network:**

Our Board of Directors is made up of 9 members, who are independent and committed to acting in accordance with the principles of equity, diversity and inclusion at all levels. Two seats are also reserved for directors from the community sector, to ensure representation of current community issues.

## 6 **Must have been created on the initiative of community members:**

In 1983, the organisation was created on the initiative of community members who wished to mobilize in response to the critical situation of the suicide rate in Quebec, and mainly in Montreal.

## 7 **Must have a social mission that is specific to the organisation and conducive to social transformation:**

Our mission is to break the taboos surrounding suicide and, at the same time, to mobilize the authorities concerned in order to advance action and care in mental health. The SPCM is committed to adapting best practices in suicide prevention to the realities of vulnerable populations, in order to better meet their needs. Through its leadership, the organisation plays an active role in improving and adapting approaches to reach those who are most marginalized.

## 8 **Must have citizen-based practices and broad approaches focused on the globality of the problem situations addressed:**

The SPCM has continued to establish itself in the Montreal community by collaborating with other organisations in the area. With an approach centered on the whole person and their individual particularities, we work to create a genuine safety net around them by relying on collaboration with the entire health and social services ecosystem.

# The SPCM in Numbers

Since its creation :

**813,826**  
interventions

**364,816**  
intervention hours

**8**  
spheres of action

**3**  
lines of action

**36,818**  
people trained

**14,998**  
training courses offered  
to different audiences

**17,082**  
donors



# Message from the President of the Board

**Annie De Grace**  
President



“Thanks to a passionate and innovative team, *the SPCM continues to amplify its impact and stand out for its unwavering commitment* to suicide prevention in Montreal.”

The achievements presented in the following pages are a testament to the SPCM's dynamism and expertise. The team's unwavering commitment not only sets the organisation apart but also amplifies its impact. Its professionalism, kindness, and constant desire to go further deserve to be highlighted. The board of directors has drawn up a very positive assessment of the year, which has been filled with wonderful projects and significant progress.

Throughout 2024-2025, the board ensured the organisation's sound governance by supporting management in its major strategic directions and the development of new initiatives. We have followed the SPCM's progress with interest, both in terms of innovation and external outreach, and we are proud of how far we have come.

For my part, I have had the honour of interacting with committed and inspiring individuals, all driven by a common desire to advance suicide prevention in Montreal. I would like to warmly thank the board members for their team spirit, commitment, and rigor. Thank you also to our new members, Audrée Desrochers, Marjolaine Despars, and Vincent Dostaler-Tarte, as well as to those who are completing their terms: Annick Bélanger, Dominique Babin, Maxime Bonneau, Johanne Cooper, and François-Nicolas Landry.

The 2025-2026 year looks to be just as promising, with a new strategic plan developed in collaboration with management to further strengthen the SPCM's impact.

I look forward to seeing you there and continuing our commitment to a caring and supportive Montreal.



Left to right: Annie De Grace, Dominique Babin, Annick Bélanger, Vincent Dostaler-Tartre, Audrée Desrochers, Maxime Bonneau, Johanne Cooper  
Absent from this photo : Marjolaine Despars, François-Nicolas Landry

DEMOCRATIC LIFE

Board Members

**Annie de Grace**  
President

**Vincent Dostaler-Tarte**  
Vice President

**Audrée Desrochers**  
Secretary

**François-Nicolas Landry**  
Treasurer

**Annick Bélanger**  
Administrator

**Johanne Cooper**  
Administrator, community partner seat – Maison Tangente

**Maxime Bonneau**  
Administrator, community partner seat – PACT de rue

**Dominique Babin**  
Administrator – resignation in December 2024 (vacant seat)

**Marjolaine Despars**  
Administrator, community partner seat – CAP St-Barnabé

End of Term in June 2024

**Marc Michaud**  
President

**Marie-Pascale Fontaine Dulude**  
Treasurer

**Dania Joseph**  
Administrator

**Adam Mongodin**  
Administrator

COMMITTEES

Audit Committee

Governance Committee

GENERAL ASSEMBLY

At the 2024 general assembly, quorum was reached with 56 people present, including 32 members (minimum quorum of 19). After verification and confirmation of the quorum, minutes from the 2023 general meeting, proposed by Marie-Pascale Fontaine Dulude and Audrée Desrochers, were adopted following the correction of a typographical error concerning the financial year. This was followed by a presentation of the budget forecasts and annual priorities for 2024-2025. Next, the year's accomplishments and planned projects for the coming year were presented. During this meeting, five board member positions were up for election for a two-year term. Following the opening of the election period, seven people came forward to fill the positions. A vote was held to elect the five new administrators for the 2024-2025 term.

“The SPCM has been on everyone’s lips this year. Thanks to a **committed and dedicated team**, we have been able to offer a **humane, warm, and caring** response to all those who have sought our help. Together, we will continue **our mission with passion and determination.**”



**Sylvie Boivin**  
General Manager

## A Word from General Management

It's already 2025! Some good news for the SPCM this year. After selling our building on Bélanger Street, we moved to Sherbrooke Street East over the summer. It's a lively, bright, and colourful neighbourhood that perfectly reflects our team. In addition, it would be difficult to overlook all the work that has been done in terms of advocacy to recognize the essential work carried out by suicide prevention centres (SPC), in collaboration with the Regroupement des centres de prévention du suicide du Québec (RCPSQ). After nearly three years, we are pleased to see that this work has not been in vain, as it has resulted in a significant increase in financial support for the SPCM through the Programme de soutien aux organismes communautaires (PSOC). This investment will enable us to consolidate our achievements and better respond to the emerging needs of various populations in suicide prevention. What can we say about our second suicide prevention conference? Oh yes! We pushed the boundaries by organizing a provincial conference with our RCPSQ member partners. It was a second successful year, and we are already looking forward to the next one!

This year, the SPCM did not go unnoticed! Whether through its presence in various consultation forums, its awareness and prevention booths and workshops, or its professionalism in responding to various requests for help on the 1-866-APPELLE helpline, by text at 535353, or on the suicide app. Through second-line activities or training across the island, and sometimes even elsewhere, every member of the team put their heart into providing a human, warm, and caring response to everyone who turned to us for help. For this commitment, which is renewed year after year, I would like to sincerely thank the entire team, which makes a real difference in people's lives.

In addition to a committed and effective team, we are fortunate to have motivated and interested board members. Their diversity is our strength, as each member brings something unique and valuable to the organisation, whether through their experience, personality, or life journey. On behalf of myself and the SPCM team, thank you for choosing us.

The 2025-2026 year is just around the corner, and I can assure you that it promises to be full of projects, adaptation, and great progress. I look forward to the coming year with enthusiasm, confident that everything is in place to continue advancing our mission and consolidating our actions, while remaining faithful to best practices in suicide prevention.

# The 2024-2025 Year at a Glance



First-line interventions  
in 2024-2025

**33,546**  
telephone and digital  
interventions



Second-line interventions  
in 2024-2025

**2,628**  
interventions



**228**  
Training courses  
provided

**2,280**  
Number of people  
trained



**5,656**  
Hours of  
interventioonn

**365**  
Days of  
intervention



**53**  
Employees

**17**  
Volunteers

**36,174** interventions in 2024-2025



**26,370** (↓6%\*)  
First-line telephone  
interventions

**7,176** (↑1%)  
First-line digital  
interventions

**2,628**  
Second-line  
interventions

## NOTE ON THE 2024-2025 STATISTICS

The apparent decrease in the number of interventions for the year 2024-2025 (vs. 2023-2024) is explained by an anomaly that occurred during the deployment of the national 9-8-8 line at the end of 2023. Due to a technological issue involving the redirection of calls to the national level, between October 2023 and January 2024, the CPSM received an exceptional volume of calls from all over Quebec and even from certain regions elsewhere in Canada.

This situation temporarily inflated the response statistics for the previous year. However, we were able to improve our response rate for the year 2024-2025 from 87% to 89%, which is a significant improvement.

## SPCM'S MAJOR PROJECTS FOR 2024-2025

Over the past year, several changes have been made with the aim of bringing us closer to the community and keeping us alert to opportunities for the organisation's development and outreach. Here are the major projects that have emerged over the past 12 months.

Over the past year, the SPCM has experienced significant growth, seizing several key opportunities to evolve its actions, respond to the growing needs of the community, and continue to promote its essential mission. Driven by the enthusiasm and commitment of its team, the organisation has not only achieved but exceeded the objectives of its action plan and is already looking toward new ambitions.

Here is an overview of the major projects that have marked our year.

### ENHANCEMENT OF THE 2023-2026 ACTION PLAN

The 2024-2025 year was filled with development and achievements, ending with a completion rate of over 88% of our overall action plan! This significant progress has prompted us to enhance the action plan in order to maintain the team's commitment and develop structural projects while giving the organisation the space it needs to seize opportunities as they arise.

### PROVINCIAL SUICIDE PREVENTION CONFERENCE

We co-organised the first Provincial Suicide Prevention Conference with the Regroupement des centres de prévention du suicide du Québec (RCPSQ). Held on January 28 and 29, 2025, the event was a success, with more than 280 people from various sectors and 30 panellists and speakers participating. We were also privileged to welcome Alain Champagne, who shared his story and highlighted the importance of community organisations in suicide prevention.

### DEVELOPMENT OF THE AWARENESS AND PREVENTION SECTOR

While the SPCM was already carrying out awareness and prevention activities, the increased demand for kiosks and workshops in various settings allowed us to officially establish a sector dedicated to these activities. Thanks to this expansion, we have been able to intensify and diversify the deployment of awareness workshops, while developing initiatives tailored to the specific needs of certain populations. At the same time, we have continued our efforts to reach the entire Montreal population, thereby strengthening our suicide prevention mission through concrete and targeted actions.

### PARTNER RECOGNITION PLAN AND DONATION POLICY

Recognizing the importance of our partners and donors to the sustainability of our actions, the addition of a philanthropic position to our team has enabled us to implement a structured recognition plan and a donation policy. These new initiatives aim not only to value and thank our valued allies, but also to strengthen their long-term commitment. By establishing mechanisms that promote loyalty, we are building lasting relationships that are essential to the development and growth of our mission and the organisation's various projects.

### ADVOCACY EFFORTS

Throughout the year, the SPCM management team continued its advocacy efforts with various levels of government, other community organisations, and funders. The efforts made over the past three years have paid off and secured an increase in the recurring amount received from the Programme de soutien aux organismes communautaires (PSOC). We were privileged to receive support in this endeavour from Karine Boivin-Roy, Member of Parliament for Anjou-Riel, and Claudia Charron, Executive Director of the RCPSQ. Although our mission is essential to maintaining and developing a strong social safety net, it remains very taboo, which is why advocacy efforts are essential for the SPCM and, more broadly, for suicide prevention in Quebec.



## COMMUNITY PRESENCE

Throughout 2024-2025, we made a concerted effort to raise awareness of our organisation within our community and actively participated in several theme days through awareness booths and other activities. Here are some of the various outreach activities we took part in:

- Organisation promotion and awareness booth at Montreal Pride Community Days;
- Awareness booth at the Institut de Tourisme et d'Hôtellerie du Québec (ITHQ);
- Awareness booth at Georges-Vanier High School;
- Awareness booth at the James Lyng Adult Education Center;
- Awareness booth at John Abbott College;
- Awareness booth at the Centre de Formation Professionnel des Métiers de la Santé;
- Awareness booth at the National Theatre School of Canada;
- Awareness booth at Dawson College;
- Awareness booth at the Saint-Laurent Adult Education Centre;
- Awareness booth at Saint-Laurent High School;
- Awareness booth and workshop at UQAM;
- Awareness booth at Collège Reine-Marie;
- Awareness booth at Stanislas College;
- Awareness booth at the École Nationale de Cirque;
- Awareness booth at Collège Beaubois;
- Booth in the VIA Rail corporate environment at Espace Transmission;
- Awareness conference and presentation on our services at Espace Transmission;
- Awareness workshop at Magnus Poirier;
- Booth at the Mercier-Ouest neighbourhood table;
- Awareness workshop at La Porte Ouverte;
- Awareness booth at the Douglas Mental Health University Institute;
- Conference at the Quebec Association for Suicide Prevention (AQPS) forum;
- Awareness workshops at Cégep Marie-Victorin (5);
- Conference at Renouveau Lafontaine;
- Booth and conference at the Montreal Heart Institute;
- Awareness workshop at various Integrated University Health and Social Services Centres (CIUSSS);
- Awareness workshop on the toolkit in collaboration with the Regroupement des Organismes pour Hommes de l'Île de Montréal (ROHIM);
- Awareness kiosk in collaboration with the Montreal Police Department (SPVM);
- Awareness kiosk during the play *Merci d'être venus*;
- Attendance at the L'Anonyme benefit event;
- Two team members on the board of directors of the organisation Interligne;
- Two team members attended the Réseau SOLIDARITÉ Itinérance du Québec (RSIQ) event;
- Two team members participated in the AQPS consultation for the development of the awareness campaign related to Suicide Prevention Week for 2026-2029;
- Two members attended the joint launch of Suicide Prevention Week 2025 by the AQPS and the RCPSQ.



## CONSULTATIONS, PARTNERSHIPS, AND RESEARCH

### Consultations

- Montreal Island Men's Organisations (ROHIM)
- Regroupement intersectoriel des organismes communautaires de Montréal (RIOCM)
- Réseau d'aide aux personnes seules et itinérantes de Montréal (RAPSIM)
- Regroupement des centres de prévention du suicide du Québec (RCPSQ)
- Montreal Compassionate Community
- Centre for Research and Intervention on Suicide, Ethical Issues and End-of-Life Practices (CRISE)
  - Bereavement – for services offered to people bereaved by suicide (researcher Alain Legault)

### RESEARCH PARTNERSHIPS

- Member of the advisory committee of the SHERPA University Institute for the suicide prevention project among members of ethnocultural minorities and/or racialized communities, as well as refugees and asylum seekers
- Collaborator in Olivier Ferlatte's Qollab research project (University of Montreal) with the goal of creating suicide prevention training for 2S/LGBTQIA+

### Partnerships

#### Community and Institutional:

- Montreal Correctional Services
- Ministry of Public Safety (MSP)
- Regional Public Health Department (DRSP)
- Emergency Health Services
- Community Health and Social Services Network – CHSSN

#### Business:

- Société de transport de Montréal (STM)
- Chamber of Commerce of Metropolitan Montreal (CCMM)
- Junior Chamber of Commerce of Quebec (JCCFQ) – Communications and Partnerships Committee

### WE ARE AMONG THEIR MEMBERS:

- Montreal Pride
- Montreal Island Men's Organisations (ROHIM)
- Regroupement des centres de prévention du suicide du Québec (RCPSQ)
- Réseau d'aide aux personnes seules et itinérantes de Montréal (RAPSIM)
- Regroupement intersectoriel des organismes communautaires de Montréal (RIOCM)
- Réseau alternatif et communautaire des organismes (RACOR)
- Chamber of Commerce of Metropolitan Montreal (CCMM)
- Communauté compatissante Montréal

# Associative Life

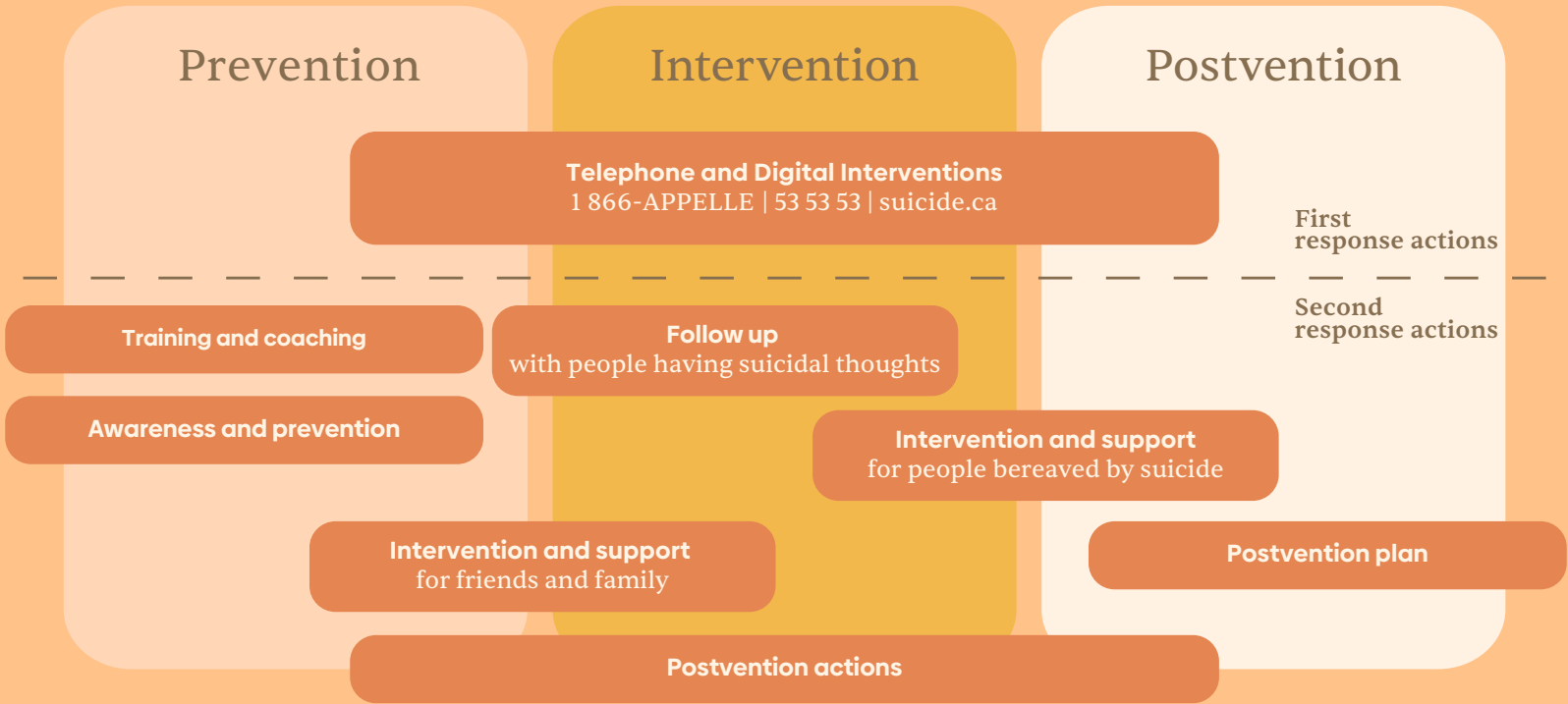


The members of an organisation are the true heart of its community life. At SPCM, this committed community actively contributes to the development of our actions and the enrichment of our practices. Our membership consists of 56 individual members, community partners, and supporting members, all united by a shared commitment to suicide prevention.

In addition to supporting our mission, these members act as ambassadors for the cause, amplifying our voice in the community, supporting our development efforts, and helping us every day to accomplish what is most important to us: suicide prevention.

# The SPCM's Actions

**Suicide prevention through  
three main areas of action!**



As the suicide prevention centre (CPS) for the island of Montreal, the SPCM is the go-to resource for suicide prevention. We are committed to responding to all requests related to suicide prevention by offering tailored support to people living with suicidal thoughts, those grieving a suicide, and loved ones of people with suicidal thoughts. Our actions are guided by a desire to offer a listening ear, a welcoming environment, support, and guidance, while respecting each person's unique journey and experience.

Suicide is multifactorial and complex, so our interventions must be multidisciplinary. Our three areas of action reflect this comprehensive approach. They interact and complement each other to create a holistic, person-centered intervention that takes into account the complexity and overall situation of the person seeking help at the time of the request.

## Prevention

All actions taken upstream to reduce suicide risk. This includes training for professionals working with vulnerable individuals, support for family and friends, and raising public awareness of the importance of individual and collective prevention strategies. The training and activities offered also help identify people at risk and encourage a proactive approach on the part of those who can intervene.

## Intervention

Actions and measures put in place to support vulnerable populations, such as providing access to various services 24 hours a day, 7 days a week, assessing the danger of acting on suicidal thoughts, and ensuring the safety of the suicidal person.

## Postvention

Measures to be taken following a suicide to support the person's immediate family and friends. Concrete actions are essential when a professional, school, community, or other living environment is shaken by a suicide in order to reduce its impact.

# Awareness and Prevention

In 2024-2025, we established an awareness sector to take a proactive approach to suicide prevention following a significant increase in demand for kiosks and awareness workshops. Its mandate is to reach out to Montreal communities in order to open a dialogue on suicide prevention and offer support tailored to the specific realities and needs of diverse communities.

By being present on the ground, we aim to break taboos, promote access to information, and strengthen our impact on the population.

The team has been able to roll out several awareness and prevention projects in different settings. At the same time, development work is underway to enhance the range of activities and adapt initiatives to the emerging needs of communities. This dynamic approach to action and innovation demonstrates our commitment to proactive and inclusive suicide prevention in the Montreal community.

## CURRENT PROJECTS

- **Auberge du cœur – Financed by the Direction Régionale de Santé Publique (DRSP)**
  - Establishment of group awareness workshops for users of Auberges du cœur using fun activities, such as human bingo and a community meal where participants are encouraged to get to know each other.
  - The project was developed between September 2024 and February 2025, in collaboration with seven Auberges.
  - The project was officially launched on March 18, 2025, with positive feedback from participants and stakeholders.
- **Collaboration with the ROHIM on the project: Connaître les signes de la détresse chez les hommes, pour mieux les rejoindre, prévenir et intervenir (Recognizing signs of distress in men to better connect with them, prevent problems, and intervene)**
  - Two video clips were produced and shared on social media to help identify signs of suicidal distress and encourage people to seek help, with a particular focus on men aged 50 and over.
  - Three new clips will be created to address the specific needs of other groups in Montreal: immigrant men, sexually diverse men, and young men aged 15 to 30.
  - The SPCM will collaborate to support the design of the clips and new awareness tools, as well as the facilitation of related activities, such as men's health and wellness lunch-and-learns, etc.

## PROJECTS UNDER DEVELOPMENT

- **Projet Force jeunesse : ensemble contre l'intimidation – currently seeking funding**
  - Creation of a workshop to open a discussion on bullying and cyberbullying with young people aged 12 to 17 in schools.
  - The goal is to create a safe and inclusive space where young people can share their thoughts and be heard, with the aim of encouraging caring behaviour and relationships based on respect and equality.
- **Awareness game – educational tool**
  - Creation of a fun card game to facilitate dialogue about mental health, particularly dark thoughts that can lead to suicide attempts or suicide. The primary goal is to develop participants' observation and empathy skills.
  - The game has been distributed in different settings so that we can gather feedback in a variety of contexts.

### Number of workshops, booths, and conferences held:

Setting	Workshops/conferences	Booths
Schools	7	11
Corporate	5	3
CIUSSS	3	5
Organisations	13	7

### Awareness-raising materials distributed in various settings:

Resource brochures	2,253 (↑ 390%)
Resource reminder cards	2,313 (↑ 46%)
Youth brochures	512 (↑ 58%)
Awareness posters	195 (↑ 69%)

# Interventions



**Telephone Intervention**  
**1-866-APPELLE**



**Digital Intervention**  
**SMS: 535353 Chat: suicide.ca**

## WHAT ARE FRONTLINE ACTIONS?




Telephone and digital interventions are the main entry points for all requests for assistance received by the organisation. Together, they make up the frontline actions, covering the organisation’s three areas of focus, and this year, they have enabled us to respond to more than 26,370 requests for help from people in distress, people who are worried about a loved one, people bereaved by suicide, and the professionals who work with them.

Frontline actions aim to ensure the safety of people in distress. The intervention team does important work by identifying a person’s protective and vulnerability factors and providing a safety net around the suicidal person to reduce their intention to act.

### Type of Personnel

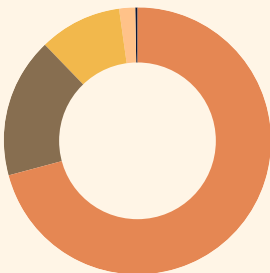
Volunteers	17
Responders	50

### Distribution of Telephone Interventions

 Day	 Evening	 Night
10,045 interventions	11,262 interventions	5,063 interventions
38%	43%	19%

### Language

French	71%
English	17%
Not defined	10%
Bilingual	2%
Spanish	0.1%



### Age

13 years old and under	60	0.23%
14-17 years old	443	1.68%
18-25 years old	2,186	8.29%
26-40 years old	3,523	13.36%
41-60 years old	3,360	12.74%
61 years old and over	1,622	6.15%
Undefined	15,177	57.55%

BREAKDOWN OF  
FRONTLINE CALLS

Outgoing calls	
Emergency Dispatch	400 <sup>1</sup>
Poison Control Centre	11
Conference call with a partner and the distressed person	1,305 (↑ 21%)
Call back to a caller or someone close to them	745
Reporting to the Youth Protection Branch (DPJ)	7 (↑ 14%)
Total	2,468 (↓ 3%)

<sup>1</sup> 25% decrease compared to 2023-2024, but only 2% of our interventions required emergency services to be dispatched.

Intervention	2024-2023	%
Suicidal individuals	10,858	41%
Urgences-santé/911	485	2%
Close friends/family	4,930	19%
Call requested by friends or family	45	0.17%
Witness to a suicide	9	0.03%
Bereaved persons	318	1.21%
Gate-keeper	14	0.05%
Postvention	29	0.11%
Follow-ups	153	1%
Safety call back	28	0.09%
Hang-up/silence	3,120	12%
Responders	1,131	4%
Detention	734	3%
Organisations	41	0.16%
Others	4,479	16.98%
Total	26,370	100%

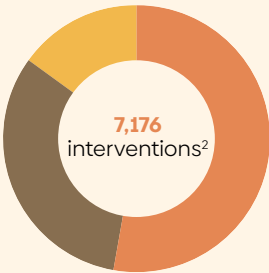
“I have benefited from the support of various people on the phone and then from the close support of a speaker during my face-to-face meetings. Each person is genuinely there to listen and suggest concrete and relevant solutions.”

- User of CPSM services

DIGITAL INTERVENTIONS  
BY WAY OF SUICIDE.CA AND 535353

In partnership with the AQPS and the CPS in Sorel and Quebec City, the intervention team provides digital intervention services via the suicide.ca platform and the 53 53 53 helpline. Already with 22 responders trained in digital intervention, the SPCM added five additional people to its digital service during the year to meet the increased demand.

Means of communication	
● Text message	53.75%
● Chat (mobile app)	32.25%
● Chat (web)	15%



Note on Digital Services in 2024-2025

Quebec's digital suicide prevention service saw a significant increase in demand (+37%) in 2024-2025. As one of the three centres with the largest number of responders and with one of the most experienced digital teams in the network, the SPCM played a key role in providing clinical support to other digital service teams across Quebec.

Although the number of responses handled by the SPCM remained stable compared to 2023-2024, our team provided more than 50% of the shifts dedicated to intervention support. However, this major involvement in clinical support limited our ability to respond directly to a higher volume of requests.

We are currently training new digital intervention recruits to increase our response capacity while maintaining our commitment to providing clinical support to the network.

<sup>2</sup> These statistics are provided by suicide.ca.

Age	
13 years old and under	6.5%
14-17 years old	11.5%
18-25 years old	26.8%
26-40 years old	42.75%
41-60 years old	11.8%
61 years old and over	1.1%



" Thank you for helping me and accompanying me through such dark times in my life. It's so much appreciated. It helped me get through the dark thoughts, the hard times, when my heart was broken into a million pieces. You're a bandage on that wound. It relieves some of that deep pain."

- Bereavement support group user

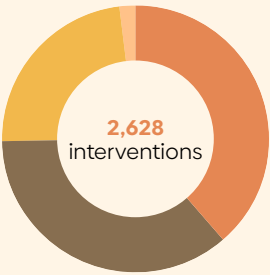
# Second-line interventions

## WHAT ARE SECOND-LINE ACTIONS?

At SPCM, our four areas of second-line action enable us to offer a wide range of resources to help those bereaved by suicide, those at high risk of suicide, and the loved ones of suicidal individuals. All of these actions share the same goal: to reduce suicidal distress and the impact that suicide can have.

## HIGHLIGHTS

Second-line Intervention	
● Follow-ups with people at high risk of suicide	1,021
● Services for loved ones	949
● People bereaved by suicide	607
● Postvention	51
Total	2,628



## FOLLOW-UPS WITH PEOPLE AT HIGH RISK OF SUICIDE

To ensure rigorous follow-ups with people at high risk of suicide, we conduct a safety follow-up in the days following initial contact, with the person's consent. This follow-up call is intended to check on the person's condition and ensure that they remain safe and have been able to put in place the resources and means necessary to strengthen or create a safety net around them.

Number of requests from people at high risk of suicide		1,021
Age		
13 years old and under	7	1%
14-17 years old	49	49%
18-25 years old	212	21%
26-40 years old	293	29%
41-60 years old	209	20%
61 years old and over	94	9%

## SUPPORT FOR LOVED ONES

These interventions are designed to support people who are caring for a loved one with suicidal thoughts. By offering a non-judgmental space to talk, the SPCM allows families and friends to express themselves freely, ask questions, and receive appropriate support. With the person's consent, we offer concrete tools to promote a safe approach and, if necessary, refer them to the appropriate resources to facilitate access to help for the person in distress. This is essential support that helps strengthen the safety net around the person at risk, while supporting their loved ones.

Number of requests		949
Relationship of the person seeking help to the person in distress		
Professional relationship	37	35%
Social worker	24	3%
School counselor or teacher	9	1%
Family relationship	331	35%
Friend	250	26%
Spouse or partner	122	13%
Other	176	19%

## PEOPLE BEREAVED BY SUICIDE

The suicide of a loved one is a deeply traumatic experience, marked by a multitude of emotions, reactions, and questions. The SPCM offers a safe and caring space where bereaved individuals can express themselves freely, put their experiences into words, and begin their healing process. By normalizing the emotions they are feeling and supporting the expression of their experiences, we accompany each person on their journey through grief, while keeping alive the hope of a return to balance.

Number of requests		607
Relationship of the bereaved person to the person who died by suicide		
Professional relationship	1	0%
Family relationship	98	16%
Social worker	3	0%
Friend	47	8%
Spouse, partner	10	62%
Other/undefined	396	66%
Support group		3
Number of group meetings		22 two-hour meetings
Volunteers		7

## POSTVENTION

Postvention aims to support members of an organisation following a suicide by helping them cope with the emotional and organisational impacts of such an event. By responding quickly and sensitively, we help mitigate the repercussions in the workplace or community, while restoring a safe and caring environment. The SPCM also provides upstream support by helping to develop postvention plans.

These practical tools enable managers and decision-makers to be better prepared to act in the event of a crisis, while strengthening long-term preventive measures.

Types of postvention actions		51
Needs assessment		11
Group meetings		2
Postvention follow-up		46
Intervention settings		
Schools	10	20%
Postsecondary	2	4%
Community	19	37%
Corporate or private	15	29%
Public organisation	1	2%
Health	4	8%

# The SPCM in action in the field!

## Prison intervention project – Établissement de détention Leclerc in Laval

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Over the past year, the project at the Leclerc Detention Centre in Laval (EDLL) has undergone several changes. We warmly thank the caseworker who left the team for her commitment, and welcome Morane, Jeanne, and Simon, who now make up this intervention team. Their rapid integration into the realities of the prison environment and their support for female inmates have helped consolidate our presence in the field.

Thanks to their expertise and interpersonal skills, the team has earned the trust of the staff and become a key partner. Our clinical recommendations are now recognized and taken into account. In addition to working with inmates, the team actively collaborates with correctional officers and unit heads to implement concrete actions aimed at reducing the distress of incarcerated women.

The project now extends beyond the EDLL, attracting the interest of other suicide prevention centres (CPS) and correctional facilities. This visibility illustrates the growing impact of our work in this unique context.

## Horizon Project – Funded in part by Desjardins

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The Horizon Project aims to support caregivers of people with suicidal thoughts by offering them structured support and concrete tools to better cope with this reality. Between April and July 2024, the project developed four practical tools addressing listening, communication about suicide, resilience, and well-being. Between August and December 2024, the team provided individual follow-up support to 14 people. As part of this project, the team carried out 100 interventions during the year. In addition, a care plan was developed to establish a personalised approach to improving each person's well-being. Despite budget constraints that limited the achievement of the initial objective, the impact was very positive, with participants feeling more empowered and supported. The SPCM hopes to continue and enhance this project, in particular by setting up a support group and expanding access to individual follow-ups, subject to future funding.

*“For me, it was beyond my expectations! I felt I was being trained to know how to manage critical moments when my daughter may be in a suicidal crisis, with tools, support and listening. The trainer was thinking of the big picture, of my daughter, the family and me (the mother) too!*

*Bravo and a very sincere thank you to my counsellor and the whole organization! You are precious !”*

*- Horizon project user*

# Training



The SPCM offers a wide range of customized training courses and workshops for health care professionals and practitioners in schools, communities, and private settings. These courses are designed to strengthen suicide prevention skills while fostering the creation of strategic partnerships. They enable intervention practices to be adapted to the specific realities of different organisations and the needs of the people they support.

Always attentive to emerging issues, the SPCM also designs and adapts specialised training courses and targeted professional development workshops to meet the specific needs of various populations, particularly those living in unique circumstances.

Total number of training courses	228
Virtual training courses	37 (16%)
In person training courses	191 (84%)
English	16 (7%)*
French	212 (93%)
People trained	2,280

\* The number of training courses offered in English remains limited due to the overhaul of our main training course. *Prévenir le suicide chez les personnes de 14 ans et plus: susciter l'espoir et estimer le danger*, which is currently only available in French.

Sectors	
Community	27%
Correctional	6%
Governmental	10%
Corporate	1%
Education	23%
Health	29%
Transportation	3%

## TRAINING PROVIDED

The SPCM training team provides weekly training tailored to priority issues identified in the Montreal area. These training sessions aim to strengthen the skills of practitioners and maximize the impact of prevention efforts. A range of 10 training sessions are offered on various topics and in different formats:

- Inspiring hope and assessing danger;
- The Sentinelles suicide prevention network;
- Identifying someone at risk of suicide;
- Suicide prevention among seniors;
- Promote resilient grief;
- Etc.

## ADAPTED TRAINING

Over the past year, the SPCM has implemented several initiatives aimed at adapting its training programs to the diversity of the populations and issues encountered, as well as making them more accessible. This work was based on consultations aimed at developing more relevant and inclusive educational materials. The following projects were launched during the year:

- **Prévenir le suicide chez les personnes de 14 ans et plus (Preventing suicide among people aged 14 and older) Training Course**
  - Training is now open to the public, with the aim of reaching as many communities and professionals as possible so that suicide prevention skills are properly acquired in different settings.
  - Professionals can now register individually, rather than through their employer.
- **Advanced training for professionals working with people experiencing homelessness**
  - The training was adapted to the new version of the basic training and to updates made to the assessment grid for estimating the risk of suicidal behaviour.
  - We trained five CPSs (the Amos CPS, the Quebec City CPS, the Drummond Suicide Prevention and Listening Centre [CEPS], the Témiscamingue CPS, and Jevi CPS – Estrie) across Quebec to enable them to train resources in their regions and become self-sufficient.
  - The rollout of this training was financially supported by the Réseau d'aide aux personnes seules et itinérantes de Montréal (RAPSIM).
- **Favoriser le deuil résilient à la suite d'un suicide (Promoting resilience in grief after suicide) Training course**
  - The training team has designed a training program focused on resilient grief for health and social services professionals. The goal of this training is to raise awareness and equip practitioners who are likely to come into contact with people grieving the loss of a loved one to suicide.
- **Awareness workshop for probation officers and community correctional workers who wish to take proactive action in suicide prevention**
  - The training team contributed to the development and provincial rollout of the Reconnaître et agir (Recognize and Act) training program, a workshop designed for officers, unit heads, and management at the Leclerc, Rivière-des-Prairies, and Bordeaux correctional facilities. This project was carried out under an agreement with the Ministère de la Sécurité publique (MSP).
- **Strengthening the skills of SPCM practitioners**
  - In order to support skills development within the SPCM, the training department offers continuing education courses to the entire team.

## TRAINING DESIGN

In order to meet the growing needs in suicide prevention, the training team is working on several projects. Here are some of the training courses currently being developed:

- **Advanced suicide prevention training for professionals working with First Nations people**
  - This project aims to implement approaches that are deeply adapted to the cultural realities of First Nations communities, in collaboration with those communities. This training emphasizes:
    - the community rather than the individual, by strengthening social ties and mobilizing local actors to build strong and sustainable support networks and a respectful cultural foundation, thanks to existing collaborations and the support of a UQAT researcher, who helps validate approaches and structure discussion groups.
  - We are collaborating with the Centre de prévention du suicide (CPS) in Amos, given the movement of First Nations community members between Abitibi and Montreal, and with the Regroupement des centres de prévention du suicide du Québec (RCPSQ) for a provincial rollout. We are currently in the process of deploying focus groups in the Abitibi and Montreal regions.
- **Formation Intervenir auprès des enfants de 5 à 13 ans présentant un risque suicidaire (Intervening with children aged 5 to 13 who are at risk of suicide) Training course**
  - Our training team is working with the Haut-Richelieu-Rouville CPS to adapt a training program focused on working with children aged 5 to 13.
  - The training will be rolled out in the coming year in schools and health services.

*"The training enabled me to learn new techniques and intervention strategies. The content was very interesting and the approach was very relevant!"*

- Detention Criminologist



## PROJECTS FOR THE UPCOMING YEAR

### Adapting training to the corporate environment

In order to further expand its activities, the SPCM is adapting some of its training programs to the corporate environment in order to strengthen the Sentinelles network and integrate suicide prevention into the workplace. Starting in 2025-2026, our team will develop a customized model that takes into account the realities of the workplace in order to offer a tailored and accessible program to organisations.

### Sentinelles Network - Ongoing commitment and support for the community

To better support and equip Sentinelles, a dedicated web-based learning environment is currently being developed. Designed as an essential resource, it will offer a variety of practical tools to strengthen their skills and commitment to suicide prevention, including:

- **A post-training follow-up tool:** a series of key questions to promote the integration and application of learning;
- **An educational comic strip:** an illustration of how to approach the subject of suicide, highlighting pitfalls to avoid and best practices for communication;
- **Audio clips:** details of the essential skills required to act effectively within the Sentinelles network.

Thanks to these tools, Sentinelles will receive ongoing and evolving support to better fulfill their role within their respective communities.

## TRAINING PARTNERSHIPS

### Direction régionale de santé publique (DRSP) de Montréal (Montreal Regional Public Health Department)

Training partnership and customized content design:

- Development of a professional development workshop for practitioners working with people bereaved by suicide.
- Establishment of an engagement and ongoing training process for sentinel networks, including newsletters, additional training, and focus groups to guide professional development needs.

### Montreal Correctional Services

Special agreement with the Montreal correctional network for the Leclerc, Rivière-des-Prairies, and Bordeaux facilities, as well as the probation office:

- Continuation of the agreement: customized professional development training for officers, unit heads, and management at the three correctional institutions when the partnership was created.

Through these initiatives, the MCPS continues its commitment to expanding its impact and responding to the needs of populations most vulnerable to suicide.

*"Many thanks for this very good training which has already come a long way for me.*

*I have received Sentinel training in my field and it came in very handy today when faced with a cynical situation. I received a call from someone in distress last night. Many of your words nourished my listening, the direction of my answers and pushed back certain taboos that were just waiting to manifest themselves. I referred the person to 1-866-APPELLE. What a precious support to know you're there. "*

*- UQAM Sentinel Network*



# Outreach and Communication



## CITIZEN INITIATIVES: AN ENGAGED AND SUPPORTIVE COMMUNITY

Here are some community initiatives organized by our community during the 2024-2025 year.

### **Golf Tournament for Life**

The 5<sup>th</sup> edition of this tournament was a great success! We would like to thank Bruno Théorêt, Éric Terrien, Éric Auger, François Giroux, David Rondeau, and Sylvain Gagné for their commitment. This event brings together parents, friends, colleagues, and community members who want to support suicide prevention and the SPCM's mission.

### **Deck Hockey Tournament**

Camping St-Tropez organized a friendly deck hockey tournament, bringing together people affected by suicide in one way or another in a spirit of solidarity and awareness.

### **Facebook campaigns**

Thanks to our engaged community, more than 82 Facebook campaigns were launched in 2024-2025 to support suicide prevention. Thank you to everyone who participates and shares our mission with conviction!

### **Montreal Marathon**

The 2024 edition of the Montreal Marathon allowed us to raise over \$5,000 through our online platform, demonstrating the significant importance of sports and solidarity for the cause.

### **Viana Grillades**

For the second year in a row, Viana Grillades restaurant mobilized its customers by launching a donation campaign in memory of Fabio through the sale of personalized jerseys, raising awareness about suicide prevention in its community.

### **Cookbook**

Nine young people from the Action jeunesse Ahuntsic-Cartierville project created a cookbook featuring sweet recipes inspired by various cultures, a wonderful gesture of altruism that demonstrates the commitment of young people in this neighbourhood.

### **Frédéric-Back Race**

On August 25, 2024, Geoffrey Lautot organized the first-ever relay race at Frédéric-Back Park, an initiative that combines physical activity and suicide prevention awareness on the island of Montreal.

### **La Maison Lavande**

As part of its Giving Back week, the company specializing in lavender products collaborated with the SPCM to create awareness content around suicide, mobilizing its digital community for the cause.

## PHILANTHROPIC PARTNERS

In 2024-2025, the SPCM was privileged to receive financial support from valued philanthropic partners. Thanks to their generosity, we were not only able to develop innovative projects but also respond to growing demand for our front-line and second-line services with rigor, commitment, and compassion.

These partners have chosen to stand with us, recognizing the crucial importance of our mission. Their trust has given us the means to continue our work, support people in distress, and strengthen our impact in the community.

We express our deepest gratitude to them. Their support is much more than financial assistance: it is a source of hope, a concrete gesture that saves lives!

### \$100 000 +

Hewitt Foundation  
Chopin-Péladeau Foundation

### \$20 000 +

Famille Léger Foundation  
Lise et Richard Fortin Foundation  
Canadian National Railway Company (CN)

### \$10 000 +

PayPal Giving Fund Canada  
Société de transport de Montréal (STM)  
iA Financial Group

### \$5 000 +

Magnus Poirier  
Chantal Bélanger  
Caisses Desjardins  
TVA Productions II Inc.  
Association québécoise  
en prévention du suicide (AQPS)

### \$1 000 +

Viana Grillades portugaises Inc.  
Finances Québec  
CN Employee and Retiree Welfare Fund  
La Maison Lavande  
BFL CANADA Risk and Insurance Services Inc.  
Race Roster – marathon Banque Scotia  
DISANTE  
Tatouage tentation et perçage inc.  
Bosch Rexroth Canada  
Russo Dojo Inc.  
Salon de quilles Laval  
Red Bull Canada Ltd  
Piscines de béton Aquatica  
Construction Beluga Inc.  
Enviro Connexions  
JMV Environnement  
Fransyl  
CIMA+ S.E.N.C.

### \$500 +

War Amps of Canada  
Hydro Extrusions Canada Inc.  
Télévision Parallèle Inc.  
Les entreprises de pavage et de jar  
Stikeman Elliott S.E.N.C.R.L.  
Construction NCP  
CAM Mécanique Inc.  
Couvreur GP Inc.  
Réfection Phoenix Inc.  
Innovations HB  
Technorm Inc.  
Piscines Val-Morin Signature  
Accès Électrique Inc.  
Toiture Perreault  
Les entreprises Roofmart Ltée  
Revau  
Brasseries Sleeman  
Groupe Excellence 450 inc.  
Maçonnerie S. Lapolice Inc.  
Compagnie d'assurance Liberté Mutuelle  
De Grandpré Chait S.E.N.C.R.L./LLP  
Revau Caution  
Bouco Design  
Canada Connect

**A huge THANK YOU to all of our valued partners!**

# Events



## Provincial Conference on Suicide Prevention

As part of Suicide Prevention Week, the SPCM organised the first provincial conference on suicide prevention in Montreal, under the theme “For the well-being of our community.” This event, co-organized with the Regroupement des centres de prévention du suicide du Québec (RCPSQ), took place over two inspiring days.

The first day was marked by the presence of important political figures, including Karine Boivin-Roy, Member of Parliament for Anjou-Riel, Guillaume Cliche-Rivard, Member of Parliament for Saint-Henri-Sainte-Anne, and Lionel Carmant, Minister responsible for Social Services. We were honoured to welcome Alain Champagne, who lost a loved one to suicide, who shared his poignant experience and highlighted the crucial importance of community organisations in suicide prevention.

Over 30 panellists and speakers led workshops and panels on a variety of relevant topics related to suicide prevention among different populations. These discussions allowed for a deeper exploration of key issues and opened up new perspectives for improving suicide prevention practices and their impact.

The conference brought together more than 280 participants from across Quebec and a variety of backgrounds, who shared their knowledge, experiences, and practices. A networking period also gave resources from different regions the opportunity to forge valuable connections and learn more about the roles and missions of the various organisations working in this field.





### Recognition Cocktail

For the second year in a row, the SPCM hosted a thank-you cocktail reception to celebrate its major donors and partners. The evening was an opportunity to highlight their valuable commitment and unwavering dedication, which enable us to carry out several essential projects thanks to their financial support. It was a special moment where we were able to publicly express our deep gratitude for their invaluable contribution, which has a direct impact on the work we do every day with Montrealers in need. We are truly blessed to be able to count on loyal partners year after year. It was also a key moment to announce our projects for the coming year, as well as the organisation's strategic priorities. This time of exchange strengthened our relationship and fueled our collective enthusiasm for future actions.

We would like to once again express our sincere thanks for their ongoing support of our mission and all of our initiatives.





A Vitual Community

We have strengthened our digital presence in order to forge stronger ties with the Montreal community. A special effort has been made to grow our social media networks and expand our reach, particularly among young people and businesses.



Women	81%
Men	19%

↑ of 420 subscribers  
Over 175,800 views  
for all our content  
Over 4.2k visits  
to our account



Women	75%
Men	25%

↑ of 187 subscribers  
Over 108,100 views  
for all our content  
Over 9.2k visits  
to our account



Des entreprises de taille  
moyenne composent  
notre réseau

↑ of 14% subscribers  
in the last year

Impact Campaign

We contributed to various publications to raise awareness among key professions, such as nurses' agendas and police report books. In addition, we designed and rolled out two campaigns, including one permanent campaign, across the Société de transport de Montréal (STM) network. Thanks to displays at the end of platforms and on platform signs, these campaigns raise awareness among metro users about suicide prevention in the Montreal area and provide them with the necessary resources to seek help in situations of crisis or distress.

Suicide Prevention Week

From February 2 to 8, 2025, a digital awareness campaign was carried out to raise awareness and reach a larger pool of Montrealers. The campaign was very well received on various platforms and increased the SPCM's visibility on these platforms.

A campaign was also rolled out in four bus shelters on the island of Montreal (Côte-Vertu terminal, Henri-Bourassa terminal, Angrignon terminal, and Sherbrooke-Est parking lot) from January 27 to February 23, 2025.

Media Coverage

- [Radio interview on the program \*Le Québec maintenant\* with Patrick Lagacé](#), conducted by senior management, on the 30% reduction in the SPCM budget, May 7, 2024.
- [Open letter on the lack of funding for suicide prevention resources published on Newswire](#), May 7, 2024.
- [Radio interview on Isabelle Maréchal's show](#) conducted by senior management on the occasion of the 22<sup>nd</sup> World Suicide Prevention Day, September 10, 2024.
- [Participation au balado Un simple geste | épisode 05 – Prévention en milieu carcéral avec Morane Bélanger](#), November 6, 2024.
- [Participation in the philanthropic section of the newspaper \*Le Devoir\*](#), on Saturday, November 9, 2024; the Saturday edition is read by more than 262,000 people. Unfortunately, we do not have data on the digital version.
- [Video report by the CBC](#), following the Suicide Prevention Week digital campaign, February 8, 2025.

# Outlook for 2025-2026

In 2024-2025, we achieved 88% of our action plan objectives, reflecting the commitment and mobilization of our team and community. To maintain this momentum, we have enhanced our objectives while continuing our advocacy and awareness-raising efforts so that we can seize opportunities for development and outreach for our organisation.

As we enter the final year of our strategic plan, we intend to undertake a comprehensive review of our 2023-2026 planning process with a view to exploring new horizons for the SPCM's development. This strategic reflection will enable us to imagine the future of our organisation and guide our actions for the years to come.

Here is a reminder of the strategic directions and priorities of the 2023-2026 action plan, including the improvements made over the past year:



## **Direction number 1** **A recognized organisation in social transformation related to suicide issues**

- Sustainability and diversification of funding sources
- Planning and rollout of a major fundraising campaign over a three-year period
- Communication strategy and outreach at all levels
- Setting new outreach goals to maintain the organisation's visibility
- Maintaining and diversifying the SPCM's presence and involvement with various organisations and round tables

## **Direction number 2** **Accessible services tailored to community needs**

- Accessibility of services
  - Continued representation of the needs of English-speaking users, particularly with regard to access to training in English
  - Structuring of a support program for trainers from other backgrounds in suicide prevention
  - Consolidation and development new training partnerships and diversify advanced training in collaboration with other groups to meet the needs of vulnerable communities
- Increased partnerships with community stakeholders:
  - Creation of an educational prevention game for young people

## **Direction number 3** **A consolidated internal structure**

- Team mobilisation
  - An optimized training and onboarding process for new team members
- Internal process performance
  - Continued evaluation and optimizing of platforms to improve the performance of our actions

For the 2025-2026 fiscal year, our development efforts will focus primarily on First Nations peoples, immigrants, youth, and 2S/LGBTQIA+ individuals.



### 2024-2025 END OF YEAR WRAP UP

We come to this year's close with pride and gratitude. Despite a turbulent year, we have successfully completed many projects and initiatives that are already bearing fruit and actively contributing to strengthening the social safety net in Montreal. The addition of a sector dedicated to awareness and prevention has allowed us to expand our reach, increase our presence in communities, take proactive measures, and connect with diverse populations.

While the increase in our core funding has allowed us to fill some gaps and expand our activities, our work to gain recognition from government authorities remains essential to ensuring optimal operations. The SPCM plays a key role in the well-being of Montrealers, and we will continue our efforts to make our voice heard and consolidate our impact with determination.

We are privileged to be able to count on committed partners, both in the community and in the corporate sectors, who support the development of our organisation. We extend our deepest gratitude for their unwavering support.

Thank you for supporting our actions and following us as we roll out new projects!

ACKNOWLEDGMENTS

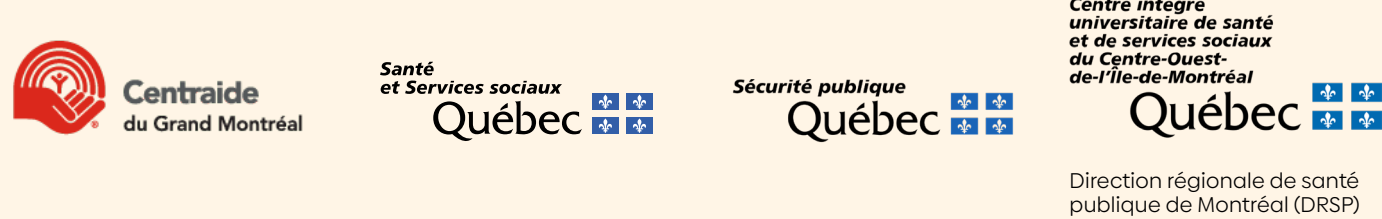
We would like to express our heartfelt thanks to all our partners, donors, and funders, as well as our community and members for the support they give us every year. It is thanks to the efforts of all these people that we are able to continue our development and suicide prevention efforts. We are very proud and grateful to have you by our side!

We would like to extend a special thank you to the following special partners:

Mission Partners



Grants



## THE SPCM TEAM

### Executive

Sylvie Boivin

Sophie-Charlotte Dubé-Moreau

Brock Dumville

### Steering Committee

Dominique Babin

Fanny Bowen-David

Mehdi Kaab

Jonathan MacArthur

Valérie Morin

Mathieu Pilote-Schraenen

Elizabeth Rosario-Jimenez

### Administration

Lilith Larose

### Intervention and Training

Élise Arsenault

Zoé Bastien

Josianne Beaumont

Morane Bélanger

Gabriella Bergeron

Pierre-Alexandre Bélanger

Rosalie Bellemare

Audrey Bernier

François Bernier

Michel Bigras

Camélia Bilal

Simon Bouchard

Ariane Brossard

Caroline Chartier

Jean-Claude Daoust

Kim Demers

Simon Deschamps

Jacob Doucet

Raymond Ducharme

Flavie Dufresne

Francis Dufresne

Dina Dupuis

Ranim Elmawieh

Justine Fortier

Marie-Jeanne Fradette

Guillaume Gagnon

Caroline Gagnon Sayad

Daphné Gascon

Naïka Gilbert

Ariel Girodias

Sophie Jean-Pierre

Kelly Kayinaniza

Hugo Laflamme

Jennifer Lanteigne

Carl-Olivier Laroche

Jeanne Latour

Andrée-Anne Lavictoire

Sarah Le Maistre

Vincent Monpetit

Sean Murray

Joane Nader

Gilbert Naïka

Rosalie Ouellette

Wendy Paola Ramos

Laurie Poirier

Isabelle Rangel Garcia

William Richard

Pierre-André Rivard

Olivier Ross-Parent

Sébastien Royer

Karen San

Justine Sautjeau

Youssra Siouda

Alejandro Suarez Sussoni

Yuan Song

Emilija Spasojevic

Rohani SriRanjan

Sarah Jeanne Tourangeau

Sarah Trujillo

Fred Waddell

Rawan Wael Elghetawy

Dan Yi Wang

### Departures during the year

Frédéric Corriveau

Marianne Berthelette

Frédéric Corriveau

Léah Di Menna

Guillaume Gagné Legault

Kathy Laramée

Jean-Pascal Lafrance

Mathieu Lefebvre

Alejandra Luperdiga

Serge Numbi Kalenga

Jean-Marc Perin

Shaheen Ramoly

Ray Pilette

### Clinical support provided to the team throughout the year

Psychologist at Médecins du Monde

Élise Huot, consultant specializing in psychosocial intervention

Danielle Latreille for the solution-focused approach

## TRAINING RECEIVED BY OUR TEAM

- First aid training
- Training on LGBTQphobic cyberbullying, Fondation Émergence
- Solution-focused approach (SFA), basic skills
- Helping men get back on their feet, change, and be happy (SFA for men)
- Homicide risk assessment and management
- Intervention with homeless people
- Preventing suicide among 13-year-olds and younger
- Training for super users of the postvention program Being prepared to act in the aftermath of a suicide
- Acting as a sentinel for suicide prevention\*
- Preventing suicide among 14-year-olds and older: inspiring hope and assessing danger\*
- Acting as a sentinel for suicide prevention: agricultural version\*
- Introductory workshop on intervention with youth at risk of suicide (13 and under)\*
- Identifying individuals at risk of suicide and applying the necessary protective measures\*
- Recognizing and referring individuals with suicidal thoughts to facilitate access to help\*
- Promoting resilient grief after suicide\*
- Advanced workshop on intervention with homeless people\*
- Leadership Circle
- Nova Profile
- Building high-performance teams
- In-house SPCM training for new trainers

\*Formations de formateur.trice.s données à l'interne par le CPSM.

**In total, our team received 2,948 hours of training!**

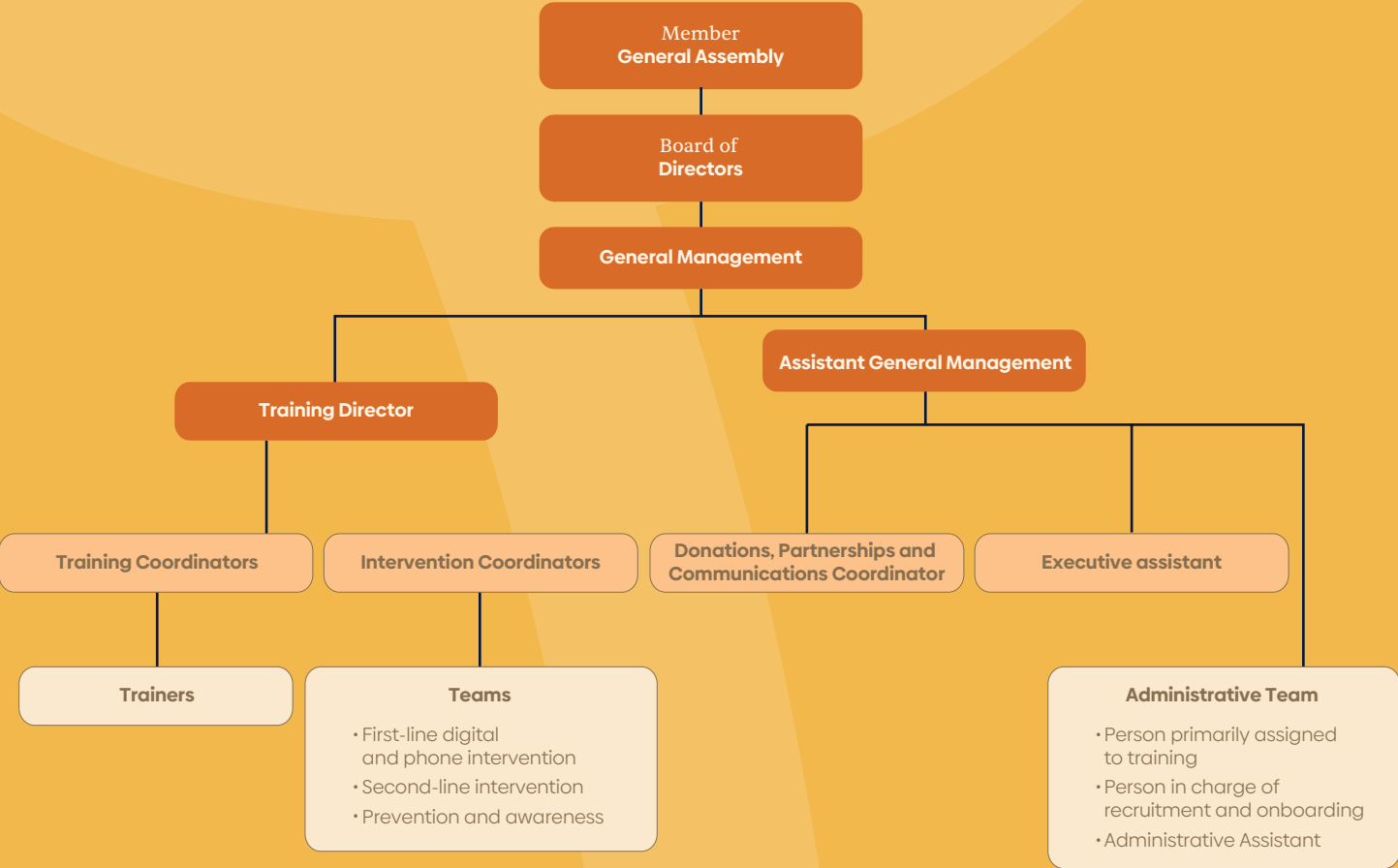
## SPECIAL THANKS

Editing: Amélie Hamel

Translation from french : Kelly L'Archevêque

Graphic Design: Chan H. Hout

# Organisational Chart of Suicide Prevention Centre of Montreal





# 2024-2025 ANNUAL REPORT

Administration  
Between 9:30 a.m. and 5:00 p.m.  
Phone: 514-723-3594  
Email: [info@suicideactionmontreal.qc.ca](mailto:info@suicideactionmontreal.qc.ca)



Suicide Prevention  
Centre of Montreal

1-866-APPELLE | 53 53 53 | [suicide.ca](https://suicide.ca)