

The reinforcement

Support in community

Context and relevance of the project

In Montreal, an average of four people die by suicide every week, each leaving behind many grieving or distressed individuals—loved ones, colleagues, or members of their community. These tragic events can profoundly disrupt families, workplaces, and community settings, weaken teams, affect services or missions, and leave lasting psychological, social, and operational repercussions.

Well-established practices exist to help communities prepare for and respond to a death by suicide. Such preparation makes it possible to:

- Connect bereaved individuals more effectively to services tailored to their specific loss;
- Identify people who may be vulnerable in the medium and long term;
- Reduce the risk or impact of a suicide ripple effect;
- Strengthen the resilience of the affected community.

Despite this, very few communities or institutions in Montreal currently have postvention protocols or adequate preparation to manage such situations. This lack of preparation compromises their ability to respond effectively, protect their members, and maintain a supportive environment in the wake of a tragedy.



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The project aims to support communities, schools, organizations, and workplaces in developing and adopting postvention protocols tailored to their specific contexts. These protocols will ensure a rapid, coordinated, and compassionate response to local needs when a suicide occurs.

To support this implementation, managers and practitioners will receive specialized training and practical tools to enable them to act with confidence, competence, and consistency in postvention situations. This support will foster humane, well-structured, and effective responses.

The project also relies on the creation and facilitation of committees where communities and institutions with postvention plans can exchange best practices. These spaces will allow for the sharing of experiences, the pooling of resources, and the strengthening of expertise, thereby promoting continuous improvement of practices.

Finally, awareness-raising activities will be carried out to reduce the stigma surrounding suicide and to promote safe and caring environments. The program will be systematically evaluated to refine interventions and ensure its long-term sustainability. Through this project, the SPCM will consolidate its role as a trusted and recognized partner in postvention, ensuring the consistency, sustainability, and lasting impact of its actions within Montreal communities.



Knowledge and expertise rooted in the community

This project is led by the Suicide Prevention Centre of Montreal (SPCM), a well-established community organization that has been deeply rooted in its community for several decades.

With its extensive experience and in-depth understanding of the human realities surrounding suicide and its impacts, the SPCM uses a best-practice approach to deliver support that is compassionate, structured, and tailored to each situation. This foundation makes the SPCM a key player in rolling out its counseling service model on a large scale and joining forces with a strong partners to strengthen the resilience of Montreal's neighborhoods and communities.

Entrusting this project to a community organization means valuing:

- Proximity: a direct connection to the lives of individuals and communities;
- Flexibility: the ability to adapt quickly to evolving needs;
- Humanity: an approach grounded in empathy and respect;
- Complementarity: an essential role in supporting and ensuring continuity with public services.



General Objectives

- Support communities in developing and adopting postvention protocols tailored to their contexts, in order to ensure a rapid, coordinated response to deaths by suicide that is sensitive to local realities.
- Equip and train leaders in these communities to strengthen their ability to act with competence and confidence in postvention situations.
- Strengthen networks and facilitate sector-based communities of practice in order to share learning and consolidate expertise.
- Reduce stigma surrounding suicide through awareness-raising actions, contributing to safer and more caring climates within communities and workplaces.
- Systematically evaluate the program's impacts and continuously refine interventions to ensure the relevance, effectiveness, and sustainability of postvention strategies.
- Consolidate the role of the SPCM as a trusted and recognized partner in postvention, building on its experience in protocol development and the consistency of its actions when deploying these protocols.



Project timeline and phases

Year 1

Needs analysis and piloting of new tools and actions

- Development of initial tools and models for postvention protocols adapted to different contexts.
- Provide personalized support to protocol managers in their implementation.

Year 2

Consolidation and expansion

- Extend training to a wider range of settings.
- Establish sector-specific communities of practice to promote the sharing of practices and experiences.

Years 3 and 4

Scaling

- Implement protocols and training in a growing number of settings at the regional level.
- Strengthen intra-sectoral coordination.
- Document and disseminate promising practices based on field experience.

Year 5

Implementation of a strong local support model

- Strengthen and stabilize communities of practice by providing them with resources and a sustainable structure.
- Widely disseminate results, lessons learned, and tools to encourage replication beyond Montreal.



Expected scope and measurable impact

This project will equip communities to respond with greater solidarity and effectiveness when impacted by a suicide.

Strengthening communities' capacity to act will help reduce suffering and foster safer, more compassionate environments—ultimately saving lives.

Accessibility and service use	Quality and personalized support	Training and capacity building
Respond to all requests received by the CPSM following a critical event.	Creation of personalized post-intervention plans tailored to the living environment.	Increase in the number of training courses and tools provided.
Visibility and search engine optimization	Medium-term impact	Research and innovation
New partnerships developed.	Increase in adoption of postvention plans and reduced perceived stigma.	Publication of research articles following the implementation of the project in the Montreal community.



Why support this project?

Supporting this project means investing in a proactive, compassionate, and sustainable solution that is perfectly aligned with the mission of the Suicide Prevention Centre of Montreal and Quebec's National Suicide Prevention Strategy.

It also means affirming and reinforcing the essential role of community organizations in protecting mental health and responding to high-impact tragedies.

Through this project, the SPCM aims to provide a concrete and structured response to communities, rooted in proximity, humanity, and collaboration.

Together, we can build stronger, more resilient communities, save lives, and transform the way we care for one another in a lasting way.



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