

# My Anchor Point

Regaining power



## Context and relevance of the project

Every year, thousands of people across Quebec experience episodes of intense psychological distress marked by suicidal thoughts or suicide attempts. These crises frequently lead to visits to emergency rooms and hospitalizations. In Montreal specifically, each year 548 people are hospitalized following a suicide attempt, 974 people visit the emergency room for a suicide attempt, and 10,782 people visit the emergency room for suicidal thoughts in 2024.

However, despite the scale of these numbers, the support available is too often fragmented, insufficient, or sporadic. Once back in their homes and communities, many individuals find themselves without a solid safety net, exposed to relapse or deepening isolation.

Through personalized care, our project to offer local support for people experiencing suicidal distress and their loved ones is designed to fill the gaps of this fragmented support ecosystem and create a strong safety net around these individuals. This project offers front-line monitoring and intervention specifically tailored for people who are considering suicide or have recently attempted suicide, as well as their loved ones who care for them.



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## Regaining power

This project is designed to ensure continuity of care and support after a suicide crisis, in order to reduce the risk of relapse and strengthen the safety net around the person in distress and their loved ones.

Specifically, a personalized support program will be offered to individuals who have attempted suicide or are experiencing suicidal thoughts. A specialized mobile response team will respond quickly to provide immediate, compassionate support tailored to the individual's situation.

From the first contact, a needs assessment will be conducted to develop an individualized action plan. The first priority is to ensure the person's safety and stability, followed by ongoing support with a specialist in suicide prevention. These sessions will provide a safe and non-judgmental space that are conducive to expressing emotions, regaining control over one's life, and developing strategies for coping with difficult times.

In parallel when appropriate, support will also be extended to family and friends. Meetings can be organized with key members of the person's support network to provide them with practical tools, build their confidence, and strengthen the safety net around the individual. This collaborative approach ensures that the person in distress is not only accompanied by professionals, but also supported by a solid mobilized community in the event of new difficulties.

Throughout the process, close collaboration with partners in the health network and community organizations will ensure continuity of services and prevent gaps in follow-up care.



# Knowledge and expertise rooted in the community

The project is led by the SPCM, a well-established community organization that has been deeply rooted in Montreal for several decades. Thanks to its experience, its deep understanding of the human realities surrounding suicidal distress, and an approach focused on helping relationships, the SPCM is uniquely positioned to develop and implement this innovative model – and to join forces with strong, structured partners to offer a personalized continuity of support.

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 changing needs;
- **Humanity:** an approach marked by empathy and respect;
- **Complementarity:** an essential role in supporting and continuing public services.

This structure will build strong bridges between individuals, hospitals, caregivers, and the Montreal community network.



# General objectives

- Improve post-crisis support to ensure smooth, integrated, and efficient follow-up, guaranteeing rapid, coordinated, and continuous care for individuals at risk.
- Reinforce the existing network by acting as a complementary actor, contributing to a more comprehensive and consistent response to suicidal distress.
- Recognize and promote help-seeking behaviour by fighting taboos and fostering a climate of trust, empathy, and kindness.
- Preserve the autonomy and agency of community organizations by valuing their unique role in the continuum of care.
- Close gaps in the care system to prevent vulnerable individuals from being shuffled between different services, with potentially very serious consequences.
- Offer humane, professional, and accessible support to both individuals in distress and their loved ones through personalized follow-up tailored to their needs and life experiences.



# Project timeline and phases

## Year 1

### Design and research

- Development of a support model that can be tailored to the specific needs assessed.
- Research and comparative analysis of best practices in suicide prevention and post-crisis follow-up.
- Elaboration of protocols for intersectoral collaboration with community and institutional partners.

## Years 2 and 3

### Pilot implementation

- Incremental rollout of the pilot project, available in French and English.
- Recruitment and training of a specialized team focused on post-crisis follow-up.
- Individualized care provided to an initial group of targeted users.
- Rigorous evaluation of each stage to measure the relevance, effectiveness, and coherence of the implemented actions.

## Years 4 and 5

### Implementation of a strong local support model

- Official launch of the local support intervention model.
- Specific and complementary contribution to the overall continuum of care for people in suicidal distress.
- Increase in the number of people receiving care.



# Expected scope and measurable impact

This project is designed not only to save lives, but also to bring about lasting improvement in suicide prevention practices.

By focusing on the links between institutional services and community organizations, we promote complementarity and continuity of services.

Accessibility and reach of the service	Quality and intensity of support	Consultation and integration of services
Personalized follow-up within 72 hours for individuals who have experienced a suicide crisis.	Reach out to all individuals who have suicidal thoughts and have attempted suicide.	Strengthen the social and community safety net, promoting a climate of mutual aid and solidarity.
Visibility and search engine optimization	Medium-term impact	Research and innovation
Increased mobilization of community and institutional partners around a common and shared mission.	Ensure that initial care is provided and that follow-up care is provided by community-based organizations.	Publication of research 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 National Suicide Prevention Strategy. It also means recognizing and reinforcing the essential role community organizations play in protecting mental health and preventing avoidable tragedies.

Through this project, the SPCM aims to offer a concrete and structured response to the pressing needs of vulnerable individuals, focusing on 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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