

4 Keys to Sharing Suicide Survival Stories **SAFELY**

01

Grieve

Bereaved survivors need time to heal. Experts recommend allowing a full year after a suicide death before becoming a public advocate.

02

Reflect

Think about how you can present your story to educate and inspire hope. Emphasize how you have begun to heal since the suicide loss or attempt.

03

Educate

Seek professional help on safe messaging. Discourage suicide contagion by avoiding:

- Specific details about suicide methods.
- Glorifying suicide as honourable/romantic.
- Simplifying suicide to a single cause.
- Interpreting suicide as an option.

04

Help

Provide additional resources for readers, such as mental health services and crisis lines. Visit the CASP website for more info: www.suicideprevention.ca

www.suicideprevention.ca



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Sharing
HOPE &
Resiliency