Resources & Support for Survivors of Suicide Loss

For Individuals and Families in Wainwright, Alberta and surrounding areas

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💙 Immediate Support - If you are in crisis or need emotional support, please reach out:

- **9-8-8** Suicide Crisis Helpline - Toll-free 24/7 help
- **Talk Suicide Canada (24/7)**: Call 1-833-456-4566 | Text 45645 (4 PM–12 AM ET)
  https://talksuicide.ca
- **Canadian Association for Suicide Prevention** https://suicideprevention.ca/
- **Mental Health Helpline (Alberta, 24/7)**: 1-877-303-2642
- **Health Link Alberta**: Dial 811 for health and mental health support
- **Wainwright RCMP Detachment**: 780-842-4461 (non-emergency) - 911 for emergencies

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🌍 Local & Regional Grief Support

- **Wainwright Primary Care Network (PCN)**
  Mental health referrals, access to local counsellors, and grief support.
  Phone: 780-842-6676
  https://wainwrightpcn.ca

- **Canadian Mental Health Association (CMHA - Lloydminster & Region)**
  May offer regional grief groups or referrals to suicide loss support.
  Phone: 780-875-5763
  https://lloydminster.cmha.ca

🤝 Peer Support & Online Communities

- **Alliance of Hope for Suicide Loss Survivors**
  Safe online forums, healing resources, and survivor stories.
  https://allianceofhope.org

- **The Gift of Second Blog & Book**
  Encouragement and real-life stories from other survivors.
  The Gift of Second: Healing from the Impact of Suicide: Lidbeck, Brandy: 9780998074702: Books - Amazon.ca

- **Walking Through Grief Society**
  A non-profit charitable society that offers grief and loss support for the surrounding communities of Vermilion; Wainwright; Kitscoty; Lloydminster. https://wtgrief.wixsite.com/walkingthroughgrief

- **Private Facebook Groups**
  Search "Suicide Loss Survivors" or "Parents Who Lost a Child to Suicide" for moderated groups.

📚 Healing Tools

- For a list of many great books for your healing journey https://allianceofhope.org/bookstore/
- "*Shari's Light: A Companion of Hope and Healing for Parents Grieving a Child's Suicide*" by Michael Gillette
- *"The Gift of Second"* by Brandy Lidbeck
- Journaling, art therapy, and nature walks can help manage emotions

🌺 Honouring & Memorializing Loved Ones

- Create a memory box, scrapbook, a memorial tattoo or tree-planting in their name. Make their favourite food and share it with others. Keep something they loved in your pocket to keep them close.
- Attend or organize a community candlelight vigil annually on World Suicide Prevention Day, September 10th. https://www.iasp.info/wspd/
- Participate in local remembrance walks like "Out of the Darkness" or **Wainwright's "Walk of Remembrance."**

🫂Counselling & Mental Health Care

- **Private Counsellors in Wainwright**: Search https://psychologytoday.ca with "Wainwright" and "grief"
- **Virtual Therapy**: Options through Inkblot Therapy, or Alberta Health eMentalHealth portal
- **Alberta Health Services (AHS) Mental Health**: Access free counselling and assessment in the region. Phone: **780-842-7522** (Wainwright AHS Mental Health Clinic)

💬 You're Not Alone

Grief after suicide is complex and deeply personal. Whether it happened recently or many years ago, there is no timeline on healing. It is okay to ask for help and reach out as many times as you need. You are not alone.

"There are lanterns in the dark and love in the pain." - A.J.G 🕯️

For more help, speak with your family doctor, a mental health professional, or school support staff.