

# www.suicidehelp.ca

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# **Suicide Information & Education Services**



Suicide Information & Education Services is a non-profit organization dedicated to ensuring that Red Deer and the communities in Central Alberta have access to education, information and referral services related to suicide. We provide age-appropriate educational presentations for grades K-12, college students, and adult groups using a variety of mediums, including puppets, music, interaction, video and discussion.

# **Educational Programs**

#### Kindergarten—Grade 2

"Full Esteem Ahead"

30 Min

Through the use of puppets, music and child/adult interaction, this presentation focuses on expressing feelings and talking about them with trusted adults.

# **Grades 3-6**"In Real Life"

30 Min

Students identify the challenges in "real life', the feelings associated with them, and ideas for coping.

#### Grades 7-8

#### "Lifesavers 101"

60 Min

Students learn to identify personal resiliency builders, warning signs of suicide, and how to help themselves or a friend.

#### Grades 9-12

#### "Choices"

60-80 Min

Students learn the warning signs of suicide and how to help themselves or a friend.

#### Native Youth Gr. 7-12

"Pakoseyimowin"

60-80 Min

Targets issues related to suicide in Native communities and specifically affecting Native youth.

#### College Students/Adults

2-6 Hours

Customized suicide awareness presentations geared toward professionals, adult groups, employment training, and community agencies. This includes a program called "Blueprint for Success" which is specific to men working in the trades and industrial sectors.

## **Applied Suicide Intervention Skills Training**

"ASIST"

2 Days

An internationally recognized workshop for anyone who may come into contact with a person-at-risk of suicide, including mental health workers, students, teachers, police, counsellors, and volunteers.

## **User Fees**

#### Mileage:

All areas outside of Red Deer are subject to a travel fee of \$0.50/km.

#### **Facilitator Fee:**

There is no fee for the K-12 facilitator. The Adult Program Facilitator charges an hourly rate.

#### **Honorariums:**

Honorariums are always greatly appreciated. All monies go toward the continued delivery and improvement of our programs.

#### **Photocopying:**

Handouts will be the responsibility of the organizing party.