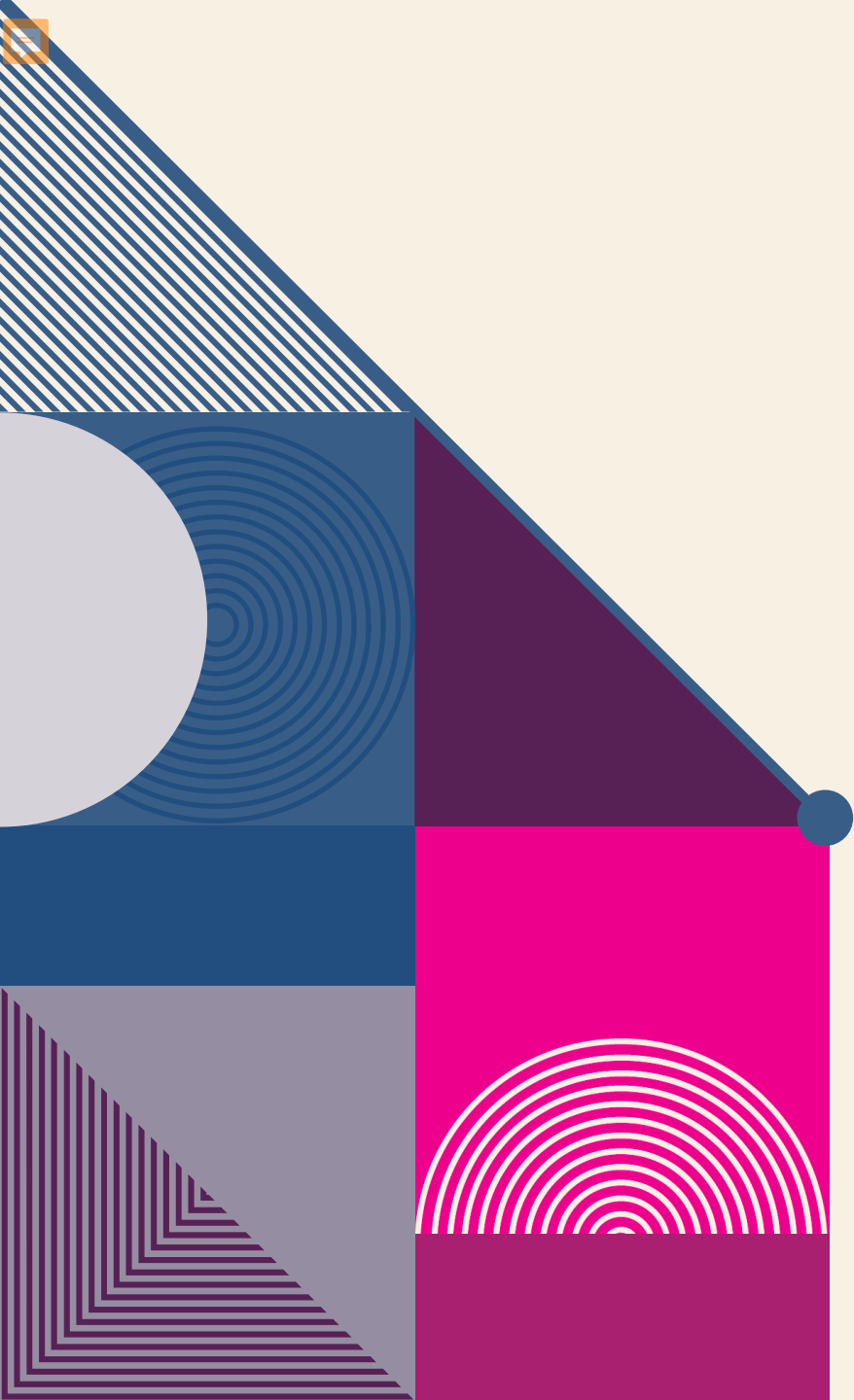




# FAMILY & SYSTEM SUPPORT PROGRAM

A program of the Resource Centre for Suicide Prevention

Presented by Tammy Monro on November 17, 2023

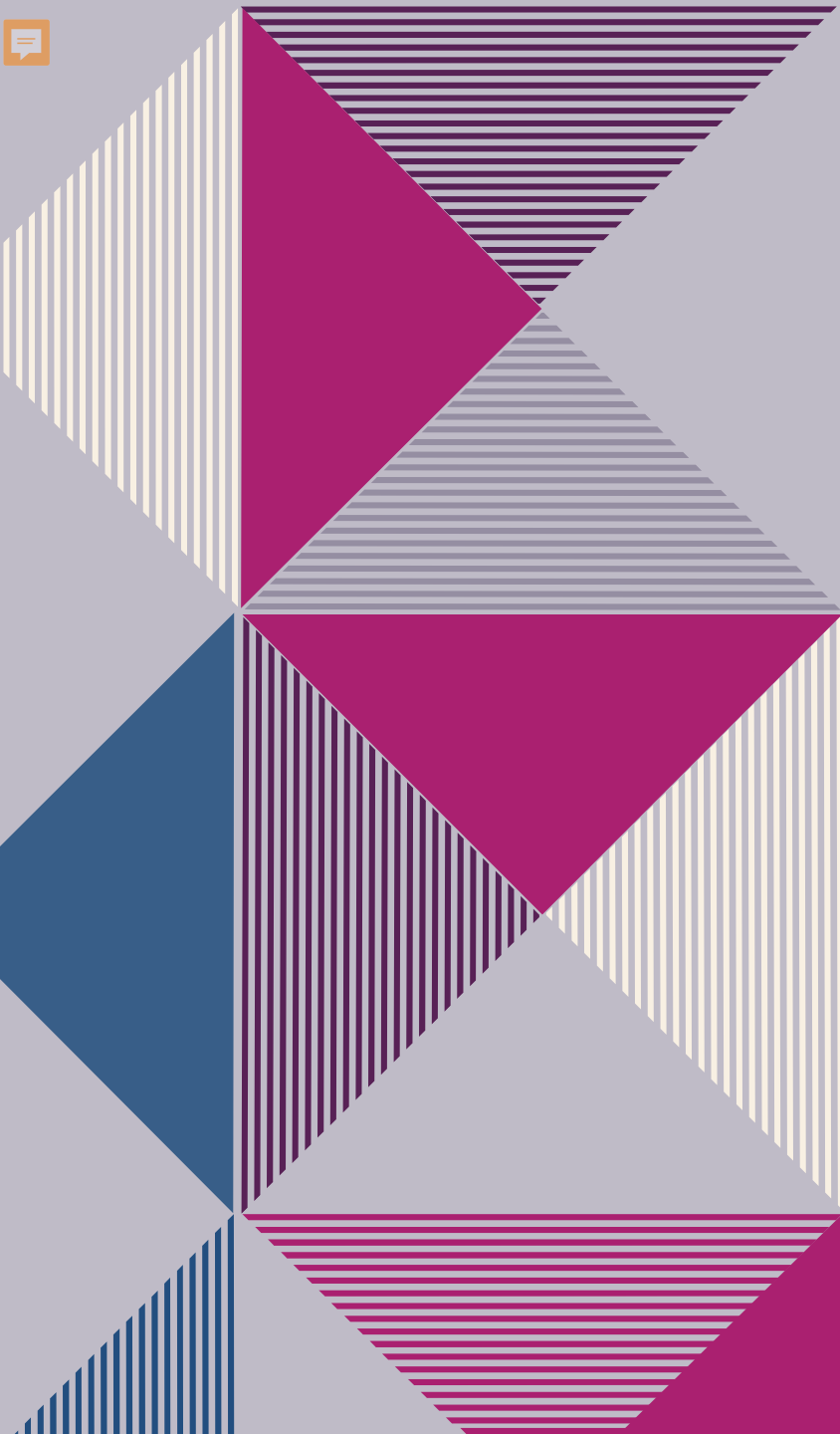


# ABOUT US

**To Raise Awareness** and create conversations surrounding suicide and mental well-being, acknowledging that talking about suicide is lifesaving.

**To Foster Hope** and resiliency by providing individuals, families, and agencies with knowledge and resources to support living well.

**To Empower** our community by facilitating skill building, safe communication, and promoting the value of self-care.



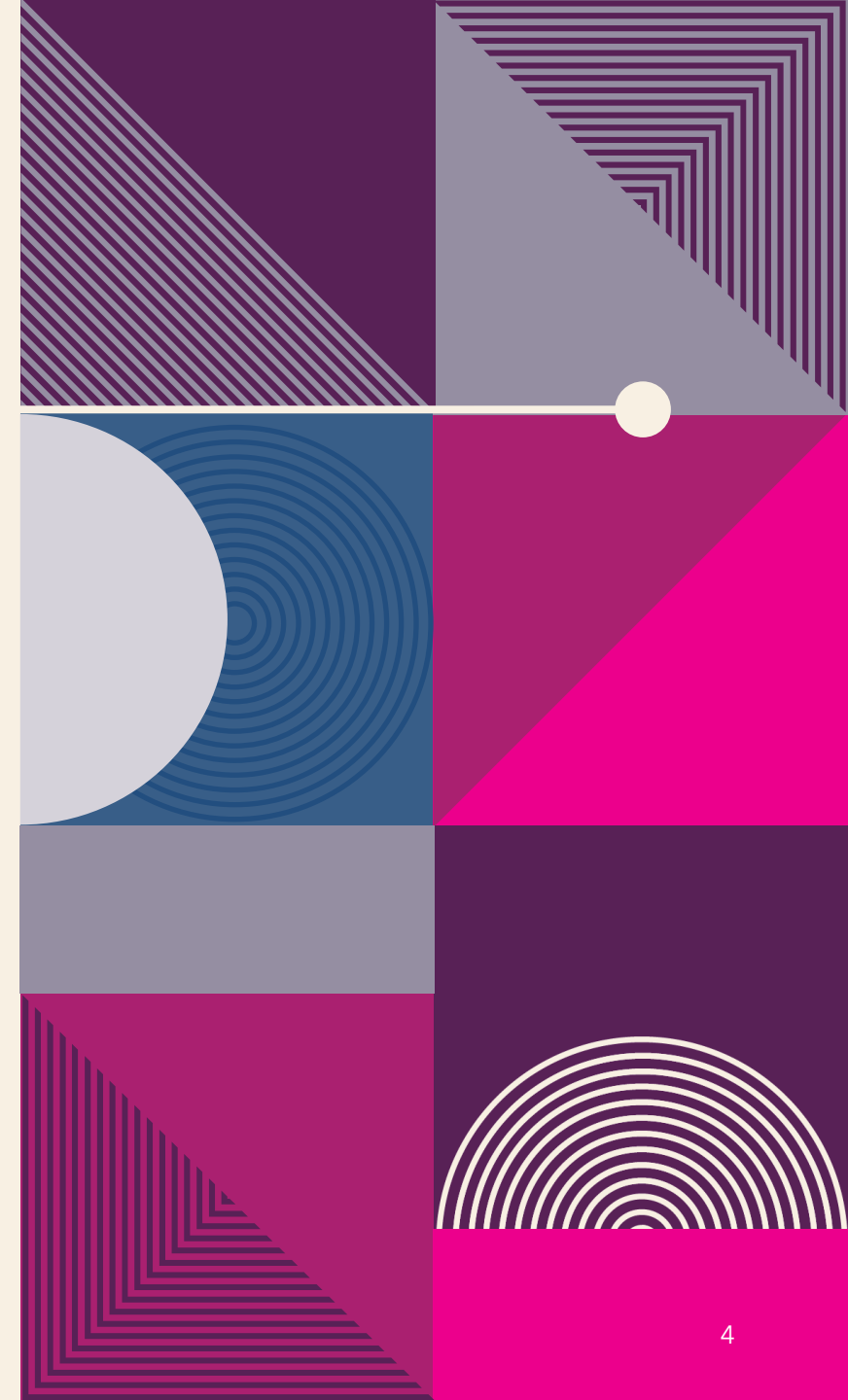
# HOW IT BEGAN

- The psychiatrist suggested my child should attend Dialectal Behaviour Therapy but didn't have time to explain what it was, why it would help, and where to find it.
- My child was diagnosed with ADHD and prescribed medication but there wasn't enough time for me to ask questions.
- I had to google my own supports and resources because the therapist didn't have time which felt overwhelming
- I had no idea this program existed and neither did my child's therapist. Why did no one know about it or tell me about it?



# WHAT WE FOUND

- Lack of communication between medical and community services
- Misconceptions between psychiatry and psychology
- Limited supports for rural and remote locations
- Long wait times and waitlists for services





# HOW WE CAN HELP

## COMMUNITY NAVIGATION

Helping caregivers learn about what programs are in the community and how to access them.

## INFORMATION

Customized information packages or micro-educational sessions for families and caregivers.

## SUPPORT GROUP

Monthly support group facilitated by either a peer or an allied health professional.



# THANK YOU

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