

## POST SUICIDE SUPPORT TEAM APPLICATION FORM

---

The Post-Suicide Support Team(PSST) is a multi-disciplinary volunteer group dedicated to supporting communities who have lost someone to suicide by providing group healing sessions. Talking helps, and this mobile team gives people a chance to do that within a structured 1 to 2 hour session.

The PSST sessions allow participants to express how they feel about the incident, honour the person who died, enhance strength and resiliency, identify those who are struggling to cope and link them to resources.

Some groups that may benefit from the PSST include sports teams, service providers, parents, classmates, employee groups, community or neighbourhood groups.

**Date:**

**Name:**

**Agency/Organization:**

**Tel:**

**E-mail:**

**Languages spoken:**

**1. What training have you received that you believe will complement the post suicide support process?**

**2. Have you taken the Living Works Education two day Applied Suicide Intervention Skills Training (ASIST)**

Yes /No

What year?

**3. What experience do you have with suicide prevention, intervention and postvention?**

**4. What is motivating you to want to join the Post Suicide Support Team?**

**5. What personal skills do you feel will be useful in the supporting process and to the team?**

Please tell us about your ability to set boundaries and take opportunities for self-care.

**6. How available are you to participate in team meetings and support sessions? (A minimum of up to 14 hours a year is expected. Sessions might be during the day, evenings or weekends)**

**7. Are there groups you would prefer to work with when conducting a session such as youth, people with lived experience of mental illness etc?**

**8. Are there any additional comments you would like to make?**

**9. Please provide us with the name, telephone number and email of two individuals we can contact for references.**

**10. To your knowledge, has your organization or agency agreed to the memorandum of agreement to participate in PSST?**

Please return your application by email to [education@cmhaottawa.ca](mailto:education@cmhaottawa.ca) no later than September 21<sup>st</sup>, 2020 @ 4:00PM. Please reference PSST in the subject line.