

If You Are Grieving Or In Crisis

The Manitoba Suicide Line (1-877-435-7170) is a 24-hour counselling service. The service is there for people who:

- have been affected by a suicide death
- are having thoughts and feelings of suicide
- are concerned about someone who may be at risk of suicide

You can get more information on the Manitoba Suicide Line website reasontolive.ca.

You can also get personal help through Klinic's Drop-In Counselling Program. Call Klinic at (204) 784-4067 or visit the website at klinic.mb.ca to find out about hours and locations.

Your Privacy

Klinic adheres to all privacy and personal health information legislation. All medical and counselling services, whether received in person or by phone, are documented. It is the right of any client of Klinic to access their personal health information.

Klinic Services

General Information.....	(204) 784-4090
Dream Catchers.....	(204) 784-4042
Drop-In Counselling.....	(204) 784-4067
Family Violence Counselling (Evolve).....	(204) 784-4070
Health Services Appointments.....	(204) 784-4090
Manitoba Farm, Rural & Northern Support Services (Brandon).....	1-866-367-3276
Manitoba Trauma Information & Education Centre.....	(204) 784-4099
Project Choices.....	(204) 784-4072
Public Education & Training.....	(204) 784-4066
SPEAK (Suicide Postvention Education Awareness Knowledge).....	(204) 784-4064
Sexual Assault Crisis Counselling Appointments.....	(204) 784-4049
Teen Klinik.....	(204) 784-4090
Teen Talk.....	(204) 784-4010
Trauma Counselling.....	(204) 784-4059
Volunteer Information.....	(204) 784-4006
24-Hour Telephone Services	
Crisis Line.....	(204) 786-8686
Toll Free.....	1-888-322-3019
Human Trafficking Hotline.....	1-844-333-2211
Manitoba Suicide Line.....	1-877-435-7170
Seniors Abuse Support Line.....	1-888-896-7183
Sexual Assault Crisis Line.....	(204) 786-8631
Toll Free.....	1-888-292-7565
TTY Deaf Access Counselling.....	(204) 784-4097

If you have comments or concerns please call and leave a message at (204) 784-4018



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e-mail: klinic@klinic.mb.ca



Klinic
Community
Health Program



A Suicide Grief Support Program

Just Care. For Everyone.

A Message To Those Who Have Been Bereaved By Suicide

If you are new to the experience of suicide, pain and despair may be your companions. We at SPEAK hope that you will find time to rest your burden and share it with those of us who need no explanation. You are not alone. We can help.

The fact that a loved one died by suicide does not lessen our love for them. The contribution they made to our families and communities is not forgotten, and we claim our right and need to celebrate their lives and accomplishments.

Suicide Grief

Suicide grief is unique. The grief process may be different from the grief that follows other losses. Each person's grief process is unique. There is no correct way to grieve.

We do know sharing and support are important and can help us move toward hope and healing. For more information on suicide grief, visit reasontolive.ca.

Why do people die by suicide?

Suicide cannot be explained by looking at one single cause. It is a complex issue involving many factors. Many people who think about suicide suffer intolerable emotional pain and anguish. They are often overtaken by despair. They may feel helpless and live without hope. They feel as if their pain will never end.

People thinking about suicide may feel very alone even though they may be surrounded by caring family and friends. They may be unable to reach out to those who care about them.

There are many things that can go into someone's decision to end one's life. Factors such as major life changes, loss, physical illness, trauma, addiction, depression or mental illness can make someone feel overwhelmed and unable to cope.

About SPEAK

SPEAK was started in 2001 by a group of five families. Each of the families had a child who died by suicide. Their goal was to offer support to others who were bereaved by suicide through sharing their experiences, compassion and hope.

In 2009, SPEAK received funding from the Department of Health and Healthy Living, Government of Manitoba. In 2010, SPEAK became a program of Klinic. SPEAK is now located at Klinic, 870 Portage Avenue in Winnipeg.

SPEAK Services

Services are free and confidential.

Peer Support Group

SPEAK offers a monthly drop-in support group. Groups are led by a trained grief counsellor who is often joined by a volunteer who has also had a loved one die by suicide.

Group meetings are generally held on the last Monday of each month. Meetings are from 7:00 pm to 8:30 pm at Klinic, 870 Portage Avenue. If you are thinking about attending, please call SPEAK at (204) 784-4064. We encourage you to check us out. You are not alone.

Individual and Group Counselling

Klinic offers both one-on-one and group counselling for people bereaved by suicide.

Counselling groups are closed and usually run for ten weeks.

Groups are led by a trained counsellor. The counsellor has experience in traumatic grief and recovery.

To meet with a counsellor, please contact Klinic's Intake Coordinator at (204) 784-4059.

Resources

SPEAK serves as a resource centre on issues related to suicide bereavement. Printed resources available through SPEAK include:

- Resources for family and friends when
 - someone dies by suicide
 - someone attempts suicide
- Resources for service providers regarding suicide loss

To download these and other resources, go to reasontolive.ca. For more information, please visit klinic.mb.ca or call SPEAK at (204) 784-4064.