

Community Education Service



Improving emotional health and well being

Navigating Suicide Prevention:

Understanding Risk, Building Resilience, and Fostering Community Support

Sondous Husien, MSW, RSW

Crisis Counsellor

Eastside Community Mental Health Services | Wood's Homes

This presentation delves into the critical aspects of suicide, including the assessment of suicide risk. It explores commonly held beliefs surrounding suicide, addressing the impact of trauma and stress on mental health.

The discussion extends to proactive suicide prevention measures, emphasizing the development of safety plans and the cultivation of resilience.

Additionally, the presentation underscores the significance of community support in creating a holistic approach to addressing and preventing suicide.

April 10th, 2025
6:00 PM –7:30 PM

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This session is presented by the Community Education Service of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Recovery Alberta and Wood's Homes.