



SUPPORT TOOLS

Resources are available if you are seeking support. By asking for help yourself, you'll be better able to help the child in your care.

You can also reach out to a primary health-care provider such as a doctor or nurse. Others who may be able to offer support include Elders, community bereavement programs, counselling services, friends and family members, crisis lines, or faith leaders.

Resources for parents, guardians, and caregivers of children under 12

Helplines

The [Canada Suicide Prevention Service](#) is available 24-7 at 1-833-456-4566. This toll-free line provides access to crisis support from anywhere in Canada.

The [Crisis Text Line](#) (powered by Kids Help Phone) is available 24-7. This Canada-wide service can be accessed from any text-enabled cell phone. To reach a crisis responder, text: TALK to 686868.

[Kids Help Phone](#) is available 24-7 at 1-800-668-6868. This toll-free line provides counsellors who can speak with children, youth, and parents.

The [First Nations and Inuit Hope for Wellness Help Line](#) is available 24-7 at 1-855-242-3310 Canada-wide.

Additional resources

- From Suicide Prevention Ottawa, a toolkit for parents, caregivers, and educators to help them speak to children about suicide loss: [Postvention Toolkit: Phase 2](#)
- If you feel that the child you are supporting would benefit, the Alberta government offers [two graphic novels and videos](#) created by and for First Nations and Métis youth to support suicide prevention for Indigenous children, youth, and families.
- From the Centre for Addiction and Mental Health, a list of common questions and answers to support parents and caregivers when preparing to speak with a child who's had a parent die by suicide: [When a Parent Dies by Suicide: What Kids Want to Know](#)

1. ["Talking to Your Kids About Depression and Suicide,"](#) an article from Nationwide Children in the U.S. that addresses the concern that talking about suicide increases the risk of suicidal ideation in children.
2. ["The Power of Talking Sideways to Children,"](#) an article from the Guardian in the U.K. that discusses how powerful this approach to conversations and listening can be for caregivers and children.
3. See the [resources list](#) from the Children and Youth Grief Network, which advocates for educational opportunities and support services to benefit children and youth grieving the death of someone they care about.
4. To learn more about supporting a child when someone in their life has died or understanding how to address a child's grief, visit [KidsGrief.ca](#).



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