

Zero Suicide Model

The Zero Suicide model is based on the realization that suicidal individuals can sometimes fall through the cracks despite being involved in the mental health care system.

Zero Suicide represents a commitment to patient safety, the most fundamental responsibility of health care. Most importantly, this initiative is about providing support at any stage, whether there is minimal risk or imminent risk.

This approach has been implemented within all St. Joseph's clinical programs, where every individual is offered suicide prevention strategies, risk assessment, and a safety plan.

Our intent is to provide you and your loved ones with wholistic care.

Support

Contact: 519-646-6000 x. 0
Ask switchboard to connect you to your specific program

For more information about Zero Suicide at St. Joseph's Health Care London:



For general support or 24-hour crisis support in London-Middlesex contact:

CMHA Thames Valley Addiction and Mental Health Services:

- CMHA Support Line: 519 601-8055
- To learn more about CMHA services available visit: <https://cmhatv.ca/programs-services>

For general support across Canada call or text 9-8-8

Zero Suicide Model of Care

Because one is too many



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Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research

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WHAT YOU CAN EXPECT

Your care provider will sit down with you to complete an assessment tool, which is designed to address any previous suicide attempts or history of suicidal thoughts.

These questions are not meant to bring up negative emotions from the past, but may sometimes bring back painful memories. However, not asking these questions could lead to an important factor in your care being overlooked.

This assessment will be done on admission with your current care provider and will be reviewed on a regular basis. However, at each follow up visit with your care provider you will be asked three to six short questions relating to any current suicidal thoughts and behaviours.

COPING PLAN

You will develop a coping plan together with your care provider.

Your coping plan will help you identify what types of situations might cause you stress and outline healthy behaviours to help you cope. It is also an action plan to determine who you can call or where you can go when you need support.

This coping plan is for your use. It is a plan for wellness, focusing on the positive steps we can all take to keep ourselves healthy – both physically and mentally.

SUICIDE MANAGEMENT PLAN

If the need is there, you will create a suicide management plan with your care provider, which is intended for use if you are ever in a situation where you feel you need additional support.

This plan addresses warning signs, personal coping strategies, ways to reduce risk of harm and a plan for connecting with those who provide support.

STAYING SAFE TOGETHER

We believe that by working together, we can open up conversations around suicide and improve the care provided to those who seek help. Thank you for your commitment to this partnership.