

Mental Health & Suicide Prevention Training Resources

If you're looking to build your confidence in supporting someone experiencing a mental health crisis or suicidal thoughts, here are some excellent evidence-based training opportunities available in Canada.

Suicide Prevention & Intervention

LivingWorks

<https://livingworks.net>

Offers internationally recognized training, including:

- LivingWorks Start (online introductory course)
- safeTALK (4-hour suicide alertness training)
- ASIST (Applied Suicide Intervention Skills Training – 2-day workshop)
- Additional training for youth, workplaces, and healthcare professionals. ([LivingWorks](#))

Centre for Suicide Prevention

<https://www.suicideinfo.ca>

Offers:

- ASIST
- safeTALK
- Suicide prevention webinars
- Educational resources and research

Ontario Shores Centre for Mental Health Sciences

<https://www.ontarioshores.ca/suicide-prevention-workshops>

Offers public workshops including:

- ASIST
 - safeTALK
 - Suicide prevention training for individuals and organizations. ([Ontario Shores](#))
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Mental Health & Crisis Response

Mental Health First Aid Canada

<https://mentalhealthfirstaid.ca>

Canada's national Mental Health First Aid program teaches participants how to recognize, respond to, and support someone experiencing a mental health problem or crisis.

Canadian Mental Health Association (CMHA)

<https://cmha.ca>

Many local CMHA branches offer:

- Mental Health First Aid
 - safeTALK
 - ASIST
 - Workplace mental health training
 - Trauma-informed care
 - Other mental health education programs. ([CMHA National](#))
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Crisis Intervention & Trauma Training

Crisis & Trauma Resource Institute (CTRI)

<https://ctrinstitute.com>

Offers practical workshops on topics including:

- Suicide Intervention
 - Suicide Risk Assessment
 - Trauma-Informed Care
 - De-escalating Potentially Violent Situations
 - Compassion Fatigue
 - Grief and Loss
 - Crisis Response
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Healthcare Professionals

Mental Health & Suicide Prevention Training Resources

Mental Health Commission of Canada

<https://mentalhealthcommission.ca/online-modules-for-healthcare-professionals/>

Offers the **Talking About Suicide** online course for healthcare professionals, focusing on suicide risk recognition, safety planning, and having compassionate conversations about suicide. ([Mental Health Commission of Canada](#))

Additional Training Opportunities

QPR Institute (Question, Persuade, Refer)

<https://qprinstitute.com>

Canadian Red Cross – Psychological First Aid

<https://www.redcross.ca/training-and-certification/course-descriptions/psychological-first-aid-courses>

Learn practical skills to recognize distress, respond supportively, and build resilience in yourself and others. ([Canadian Red Cross](#))

Canadian Training Institute

<https://www.canadian-training.ca>

Offers a variety of professional development courses including ASIST, Mental Health First Aid, Crisis Intervention, and Workplace Safety training.

Suggested Learning Path

If you're just getting started, consider this progression:

1. **Mental Health First Aid Canada** – Learn to recognize and respond to common mental health concerns.
2. **LivingWorks safeTALK** – Develop suicide alertness skills.
3. **LivingWorks ASIST** – Build practical suicide intervention skills.
4. **CTRI workshops** – Deepen your understanding of trauma, crisis response, and grief.
5. **Mental Health Commission of Canada** – Expand your knowledge through specialized continuing education.