Community-Led Initiatives Guide

Together, we build hope.



RCPSQ

Regroupement des centres de prévention du suicide du Québec

Thank you for your interest in supporting the mission of the Regroupement des Centres de prévention du suicide du Québec (RCPSQ).

Every initiative helps raise awareness about suicide prevention and the support resources available throughout Quebec.

Thank you for choosing to **make a difference** with us.

The RCPSQ at a glance

Our mission

The RCPSQ amplifies the voice of its members, supports them in their missions, and shines a light on their unique expertise. It provides unifying leadership and monitors suicide prevention efforts.

Services offered by SPC

Suicide prevention centres (SPC) offer a range of complementary services to meet the needs of individuals, loved ones, communities and organizations throughout Quebec.

- Crisis line;
- Intervention services for people in suicidal distress;
- Services for loved ones;
- Services for people bereaved by suicide;
- Postvention services;
- Gatekeeper training for suicide prevention;
- Training program “Prévenir le suicide chez les personnes de 14 ans et plus: susciter l’espoir et estimer le danger”;
- Raising public awareness about the importance of suicide prevention.

Our impact

30
member SPCs.

400+
professionals.

40+
years of experience.

24/7
support available.

What is a community-led initiative?

A community-led initiative is an activity organized by an individual, a group or an organization that wishes to support the RCPSQ's mission.

Examples include:

- Sports challenges;
- Creative arts projects;
- Walks;
- Benefit performances;
- Tournaments;
- Product sales;
- Talks;
- Online fundraisers.

Why organize one?

Your initiative can help:

✓ Raise awareness among the people around you;
✓ Raise awareness of available support resources;
✓ Strengthen services available to the public;
✓ Contribute to suicide prevention throughout Quebec.

How the RCPSQ can support you:

✓ Recognize your initiative;
✓ Share some of your promotional materials;
✓ Offer advice on best practices in suicide prevention;
✓ Authorize the use of its logo.

What you need to know:

You remain fully responsible for your initiative.

The RCPSQ does not act as an organizer or partner in the activity and assumes no financial or operational responsibility.

The steps

01. Develop your idea
Choose an activity that suits your objectives and available resources.

02. Complete the application form
Submit your proposal to the RCPSQ.

03. Wait for the RCPSQ team to contact you
The RCPSQ will carefully review your application and contact you promptly to discuss your proposal.

04. Plan your activity
Once your proposal has been approved, you can finalize your plans, making sure to obtain any permits, insurance or authorizations required for your initiative.

05. Submit your communication materials in advance
Before publishing or distributing them, send us your graphics and key communication materials that use the RCPSQ's name or logo so that we can review them promptly.

06. Hold your activity
Engage your community and help your initiative reach a wider audience.

07. Transfer the funds raised
Send the agreed-upon funds along with a brief summary of your initiative.

Best practices in suicide prevention

To help your initiative make a positive contribution to suicide prevention, we encourage you to communicate in ways that promote hope, encourage help-seeking and follow recognized best practices.

What to emphasize:

- Highlight available support resources.
- Use respectful, compassionate language.
- Share stories of recovery, mutual support and hope.
- Remind people that help is available and that there are ways forward.
- When discussing suicide, focus on prevention rather than the act itself.

Support resources

24/7 crisis line
1 866 APPELLE
(277-3553)

Member SPC directory
rcpsq.org/en/the-spc

Chat
suicide.ca

Text
535353

For further support
If you have any questions about your communications, our team is available to help: info@rcpsq.org.

Frequently asked questions

Can I use the RCPSQ's logo?
Yes, with prior authorization.

Can the RCPSQ fund my activity?
No.

Can I donate only a portion of the profits?
Yes. You decide how the profits are allocated.

Can I describe the RCPSQ as a partner in my activity?
No. The activity must be presented as a community-led initiative supporting the RCPSQ's mission.

Can the RCPSQ provide volunteers?
No.

Can my donation directly support frontline services?
Yes. Your donation may be distributed to SPC or invested in a clinical project that has a direct impact on services available to the public.

Thank you for making a difference in your community!

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