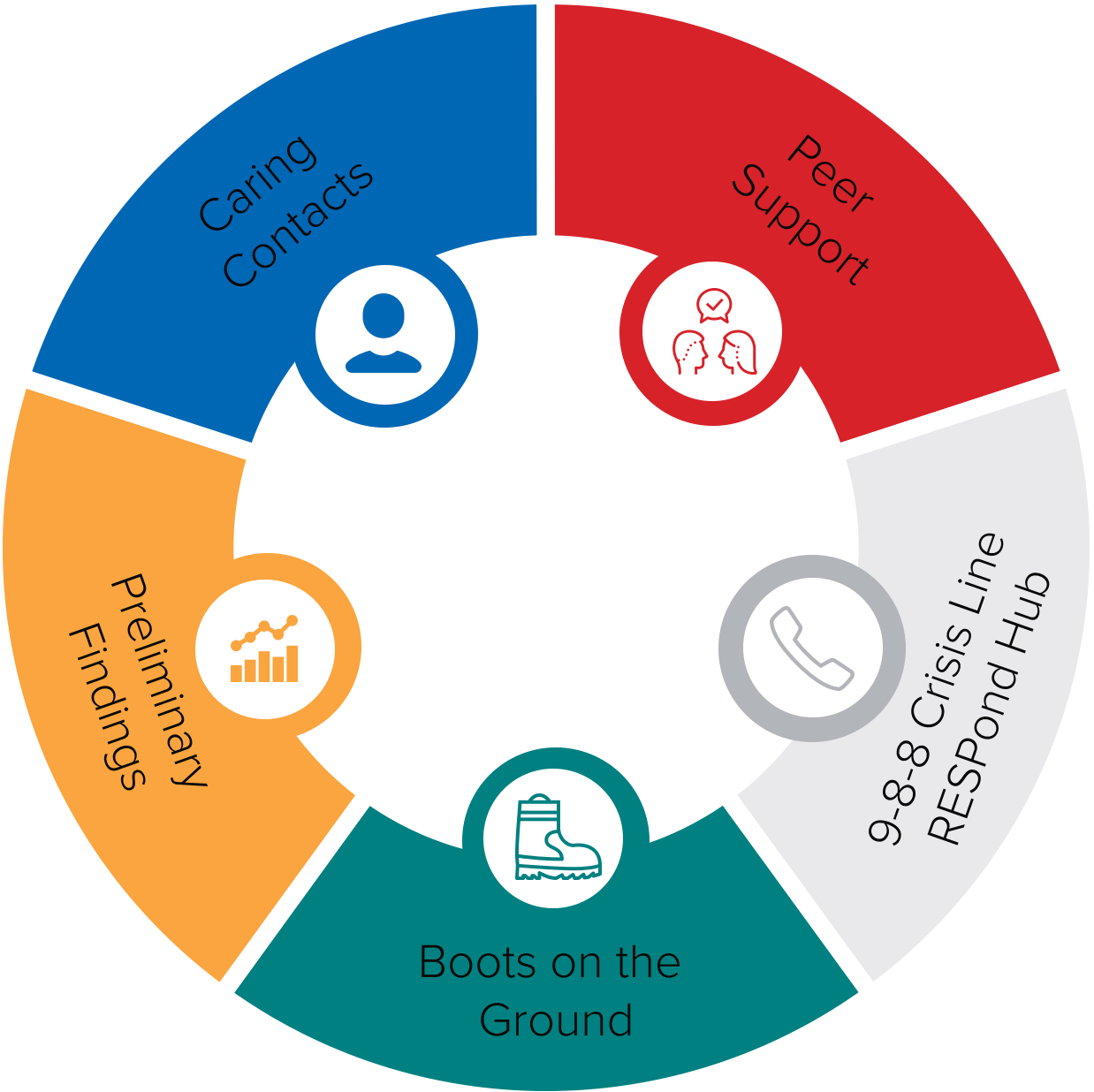


Pilot Study: Caring Contacts Peer-Led Intervention

The Caring Contacts Peer-Led Intervention (CC-PI) assesses the feasibility and acceptability of integrating CC-PI for public safety personnel (PSP) that contact Canada Suicide Prevention Services. There is a need for targeted interventions to support PSP who are at high risk for posttraumatic stress injuries (PTSI) and suicide. This pilot study collects data on how many PSP are offered the intervention, how many PSP decline, and how many PSP receive follow-up calls, as well as collects feedback from PSP who receive peer support follow up calls.



Caring Contacts

The Caring Contacts component of the CC-PI provides follow-up calls for high-risk individuals at high-risk times. PSP who contact 9-8-8 have the option to receive a peer support follow-up call from a trained peer supporter from Boots on the Ground.

Peer Support

The Peer Support component of the CC-PI provides PSP with honest, validating conversations with peers who understand the challenges that are faced on the job. Peer support is provided within 48 hours of the PSP's call to 9-8-8, and again seven days later (if desired).

9-8-8 Crisis Line and the RESPond Hub

The 9-8-8 crisis line is **available to PSP and PSP families in Canada** who are experiencing suicidal thoughts and/or behaviours. The RESPond hub aims to discover what PSP need from crisis lines and to explore whether crisis line services can be improved to better meet the needs of Canadian PSP.

Boots on the Ground

Boots on the Ground is an **anonymous**, non-profit helpline where PSP can talk to someone who has shared similar lived experience. Boots on the Ground was created by PSP for PSP.

Preliminary CC-PI Findings

Preliminary research from this pilot study has found that PSP experience an increased sense of belonging, security, and social support within their communities, as well as purpose, connection, and meaning in their work. Additional research has found that social support, including peer support and caring contacts, can reduce the risk of suicide and support PSP with PTSI, highlighting the need for effective interventions for PSP.



Webinar Presentation

CIPSRT (2024, June 7) Overview of a peer-led caring contact intervention. View the webinar: <https://youtu.be/EX2uU8xikIM>. CIPSRT gratefully acknowledges the contributions of Dr. Janet Ellis, Dr. Allison Crawford, Dave McLennan, and Dr. R. Nicholas Carleton. Infographic by Karilyn Harris.