

Mitigating suicide risk during the COVID-19 pandemic with single session 'Brief Skills for Safer Living'

Clinical Research Study

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Researchers at St. Michael's Hospital are conducting a study in patients experiencing suicidal thoughts during the COVID-19 pandemic. Researchers are testing the effectiveness of online, remotely delivered 'Brief Skills for Safer Living' at reducing suicide risk in adults.

Participation will involve five (5) virtual visits over 3 months. Visits will include completion of multiple questionnaires assessing your mood and suicidal thoughts, as well as participation in a single session of 'Brief Skills for Safer Living' psychotherapy. All visits will be conducted using secure web-based videoconferencing and data collection platforms.

YOU MAY BE ELIGIBLE TO PARTICIPATE IF YOU:

- Have experienced suicidal thoughts in the past week
- Are aged 18 years and older
- Have access to the internet and a computer/mobile phone with a camera
- Are not receiving other psychotherapy concurrently
- Are able to undergo psychotherapy in English

If you are interested in participating in this study, or would like more information, please contact the study coordinator by email at: therapy@asrlife.ca