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https://www.youtube.com/watch?v=2VRRx7Mtep8

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Cynthia Last (2009)
Suicide

Manitoba Suicide Prevention and Support Line
http://reasontolive.ca/

The Lifeline Suicide Prevention and Awareness Mobile App
www.thelifelinecanada.ca

Virtual Hope Box: The VHB provides help with emotional regulation and coping with stress via personalized supportive audio, video, pictures, games, mindfulness exercises, positive messages and activity planning, inspirational quotes, coping statements, and other tools.

http://t2health.dcoe.mil/apps/virtual-hope-box

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*Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness*
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*The Mindfulness Solution: Everyday Solutions to Everyday Problems*
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*The Dialectical Behaviour Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation and Distress Tolerance*
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*The Gifts of Imperfection: Let Go of Who You Think You Are and Embrace Who You Are*
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*Children of the Self-Absorbed: A Grownup's Guide to Getting Over Narcissistic Parents*

http://self-compassion.org/

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*Joint Custody with a Jerk: Raising a Child With an Uncooperative Ex*
Ross & Corcoran (1996)

*Splitting: Protecting Yourself while Divorcing Someone with Borderline or Narcissistic Personality Disorder*

*Divorce Poison: How to Protect your Family from Bad Mouthing and Brainwashing*

*Divorce and Remarriage in the Church: Biblical Solutions for Pastoral Realities*
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**Trauma**

http://trauma-recovery.ca/

This website on trauma recovery was developed by the Manitoba Trauma Information and Education Centre (MTIEC) and Klinic.