



SUICIDE PREVENTION TOOLBOX

**MEN
EXPERIENCING
MARITAL SEPARATION**

MEN EXPERIENCING MARITAL SEPARATION

Marital separation can sometimes be difficult for men, and can bring its own set of new realities. This can include loss of the family unit, shared custody that can be stressful, loss of the former place of residence, complicated parental mediation, and a negative impact on finances. **This can affect the level of psychological distress in men experiencing such a situation.**





BEING VIGILANT

What are the signs of increased suicide risk or psychological distress? What are the risk factors to watch out for?



CHILD CUSTODY DISPUTES



DEMONSTRATION OF INTENSELY AGGRESSIVE LANGUAGE AND BEHAVIOUR



SLEEPING ON THE COUCH, AT A FRIEND'S HOUSE, IN THEIR CAR, ETC.



DIFFICULTY SLEEPING, EATING AND/OR TAKING CARE OF ONESELF



MEDICATION ISSUES



THE EX-PARTNER IS THE ONLY ONE WHO KNOWS ABOUT THE SEPARATION



INCREASED SENSE OF FAILURE

HEALTH PROBLEMS, WHICH ARE SOMETIMES AT THE ROOT OF MARITAL PROBLEMS

- Head trauma
- Medication side effects

RECOGNIZING VULNERABLE EVENTS

- Contact with ex
- Birthday
- Court judgment



ÉLÉMENTS À EXPLORER

1. Welcoming distress (active listening, validation, empathy, highlighting strengths)
2. Suicidal ideation check
3. Exploring if there is any planning (and imminence) of a suicidal act
4. Encouraging help-seeking (such as a suicide prevention centre, crisis centre, psychologist, emergency service, etc.)
5. Creating a safety net (family, loved ones and professionals as needed)
6. Equipping loved ones (e.g., educating them about the signs of distress, steps to better support the person at risk of suicide, giving information, etc.)



Designing and evaluating a needs-based plan with the individual on an ad hoc basis

EMPATHY AND ACTIVE LISTENING TO NURTURE HOPE

What are the best practices for reaching out to men experiencing marital separation, listening to them and inviting them to ask for help?

- Be aware of the possibility of domestic violence suffered by the man such as psychological abuse, threats, etc.
- Validate suffering without increasing it, for example explore it briefly, but return to sources of hope.
- Avoid words related to vulnerability and guilt
- Emphasize their locus of control and positive emotions
- Remain benevolent and avoid confrontation
- Let the person express their anger (differentiate from threats)
- Encourage the person to talk about themselves and not about others
- Encourage the person to refocus on themselves
- Identify the elements of stability for the person
- Highlight strengths
- Inform the person about information that will remain confidential
- Pay attention to your own beliefs and emotions that may arise



SUPPORT

What are the best practices for inviting them to use the resources?



ENCOURAGE (“IT’S A WIN-WIN FOR YOU, IT IS GOOD TO GET HELP!”)



IS THERE A NEED FOR OUT-OF-TOWN RESOURCES?



EXPLORE THE PRESENCE OF CHILDREN AND THEIR NEEDS



STANDARDIZE RESOURCE USE



BUILD ON EMPATHY AND VALIDATION



INSPIRE HOPE. ONE DAY AT A TIME!



IDENTIFY SUPPORT GROUPS FOR MEN



HELP THEM MAKE CALLS



IDENTIFY ONE OR MORE FAMILY MEMBERS WHO COULD GET INVOLVED



WHAT HAS ALREADY WORKED?



PROTECTING THEMSELF

What protective factors can be put in place to reduce risky behaviours? What would an action plan or safety plan look like for a man going through a marital separation?

1. Is there a need to make changes to the social network?
2. Break any isolation, involving loved ones and confidants
3. Mentions their right and need for support (e.g., "You deserve a little support!")
4. Reinforce the protective elements named by the person
5. Reduce or eliminate dangerous elements identified by the individual



Useful resources

SUICIDE PREVENTION TOOLBOX

**MEN
EXPERIENCING
MARITAL SEPARATION** 2024

©ROHIM



McGill



Pères Séparés Inc.
Separated Fathers Inc.



Mdp
MAISON DU PÈRE