



Roots of Hope: A Community Suicide Prevention Project

Roots of Hope is a multi-site, community-led project that aims to reduce the impacts of suicide within communities across Canada. The project builds upon community expertise to implement suicide prevention interventions that are tailored to the local context.



Mental Health
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Model Development

Roots of Hope represents the first “Made in Canada” suicide prevention model. The model was devised from an International Initiative for Mental Health Leadership match, a unique international collaborative that brings together mental health leaders and experts. There is strong evidence that comprehensive, system-wide approaches are most effective in suicide prevention. The *Roots of Hope* model reflects this by integrating international best practices into a Canadian context where communities drive and lead suicide prevention.

The 5 Pillars

The *Roots of Hope* model provides some structure for communities to tailor their suicide prevention efforts. Communities develop strategies and activities in each pillar. Interventions are implemented simultaneously across the 5 pillars.



Specialized Supports:

prevention, crisis and postvention services, such as peer support, support groups (including self-help), workplace interventions, and coordinated planning and access to services.



Training and Networks:

training and ongoing learning opportunities for healthcare providers (physicians, nurse practitioners, etc.) and community gatekeepers (first responders, human resources staff and managers, teachers, etc.).



Public Awareness Campaigns:

locally driven campaigns (posters, brochures, social media, etc.) and collaboration with the media.



Means Restriction:

identification of the methods or places where a high number of suicides occur and implementation of measures to restrict access to these (e.g., building barriers on bridges or at railway crossings, protocols for medication access, etc.).



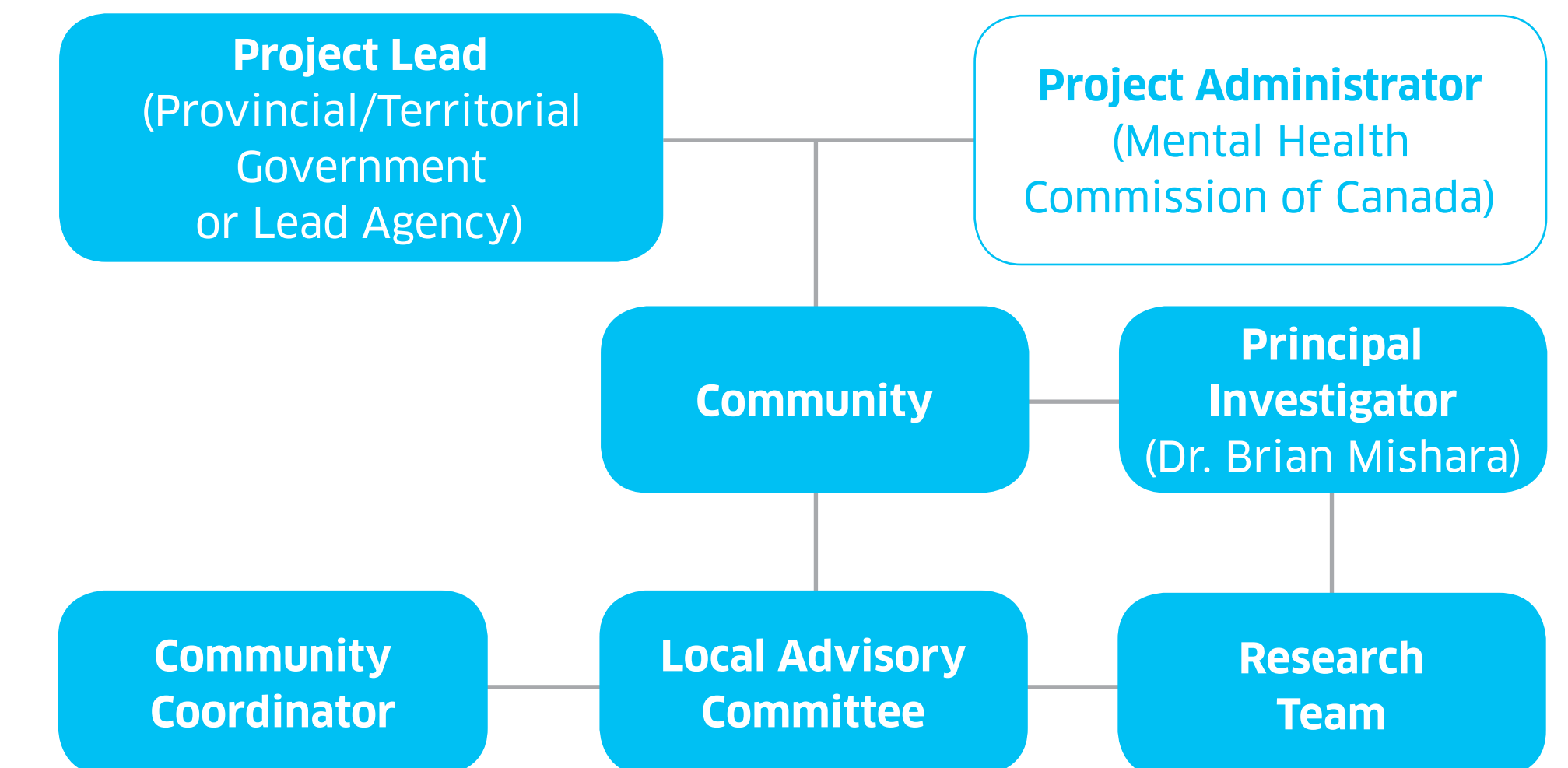
Research:

setting of research priorities, surveillance and monitoring, and evaluation of the project.

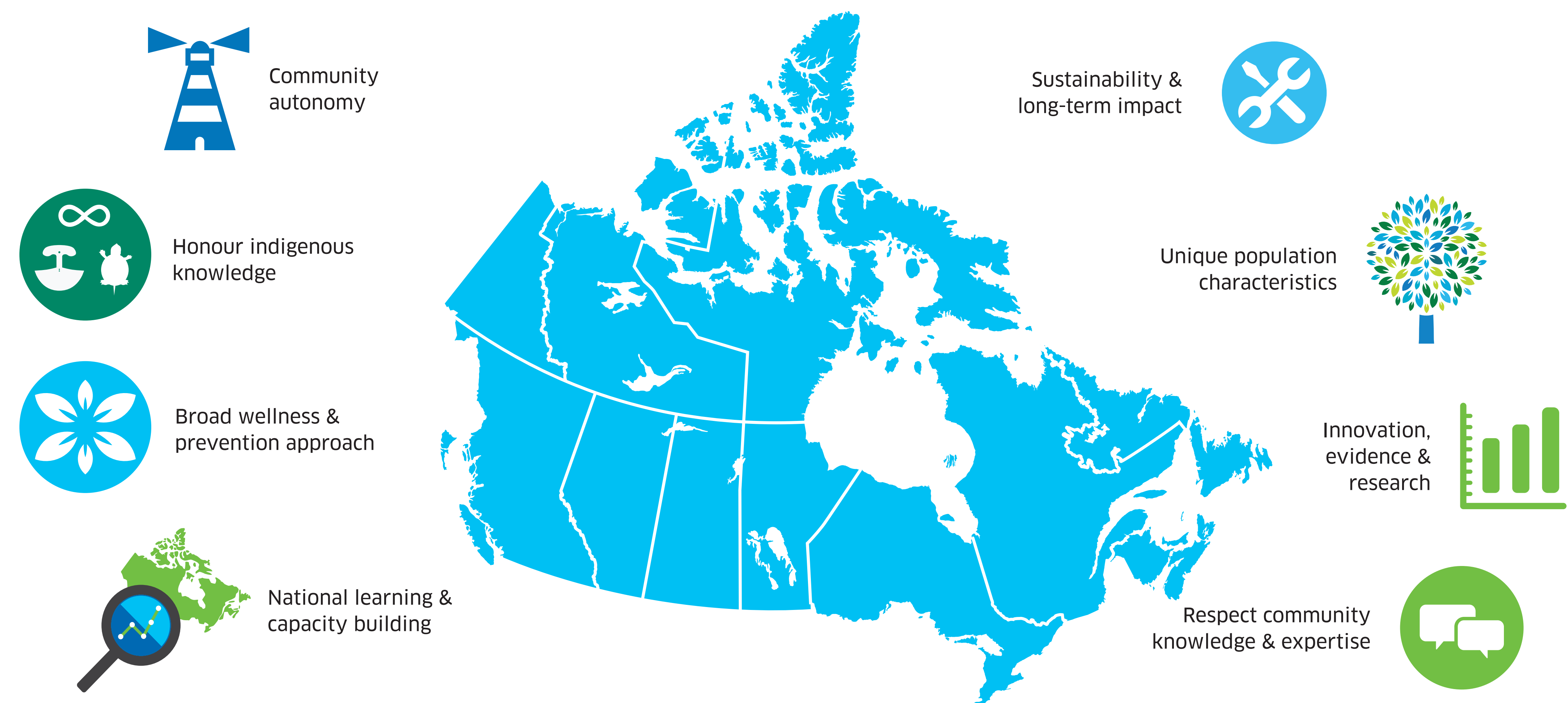
This project will lead to the development of an evidence base: including best practices and suicide prevention guidelines and tools to support ‘scaling up’ and implementation across Canada.

Project Structure

The project is based on community engagement and input, valuing self-determination and choice, with people with lived experience at the centre. It draws on local and national expertise. Each community has the flexibility to determine suicide prevention initiatives that meet their unique needs.



The Roots of Hope Model: Guiding Principles



To learn more, visit:
mentalhealthcommission.ca/English/suicide-prevention

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