



Roots of Hope Project Burin Peninsula Presentation Menu



The following presentations are available on the Burin Peninsula as part of the Roots of Hope project. If you or your group/organization/business are interested in partaking in one or more of the following presentations, please contact: Denika Ward at denika.ward@easternhealth.ca.

For additional updates on the Roots of Hope project, Burin Peninsula, please visit:
<https://mha.easternhealth.ca/prevention-promotion/suicide-prevention/>.

Suicide Awareness for Community Members

A 90-minute introductory presentation open to all community members. Topics include recognizing the warning signs of suicide, stigma surrounding suicide, lived-experience testimonial videos, the “do’s” and “don’ts” of suicide intervention, and resources available.

Suicide Awareness for First Responders

A 90-minute presentation for first responders (e.g. fire department members, paramedics, emergency medical responders, ground, search, and rescue, etc.) on suicide prevention, lived-experience testimonial videos, self-care for first responders, and resources available.

Suicide Awareness for Youth

A 75-minute presentation for youth (ages 12 - 18). Topics include bullying and suicide prevention, warning signs of suicide among youth, lived-experience testimonial videos, and resources available.

Applied Suicide Intervention Skills Training (ASIST)

A two-day, interactive workshop to equip participants with suicide first-aid intervention skills. Participants will learn how to recognize the warning signs of suicide, provide skilled interventions, and develop a safety framework for at-risk individuals.

Alcohol Use and Suicide Prevention

A 75-minute presentation to discuss the relationship between alcohol and suicide with community members (ages 16+). Topics include Canada’s low-risk drinking guidelines, the Rethink that Drink Campaign, why men are at increased risk of suicide, and resources available.

Sensitivity Matters Training (Health-care Professionals)

A two-hour presentation to help health-care professionals refresh sensitivity skills for working with patients at risk of suicide. Topics include reducing stigma towards suicide and mental illness, discovering client perspectives, the importance of self-care, and ways to increase sensitivity in the workplace.

Support for Funeral Home Employees

A 60-minute presentation for funeral home employees to address mental health and risk of suicide. Topics include the relationship between stigma and mental illness/suicide, warning signs and effects of compassion fatigue and workplace burnout, peer supports groups for funeral home employees, and the importance of self-care.

If you or someone you know is in distress, please contact the Mental Health Crisis Line at 1-888-737-4668.



Roots of Hope is a multi-site, community-led project that aims to reduce the impacts of suicide within communities across Canada

– Mental Health Commission of Canada, 2021

Below are some past and ongoing developments for the Roots of Hope project on the **Burin Peninsula** (2021):



Specialized Supports:

- Redesign of mental health and addictions counselling services to a walk-in model.
- Hope and Healing booklets available for individuals who have lost loved ones to suicide.
- HeadStrong summit for students aged 15-18 years (October 2019).



Research:

- Completed an environmental scan to determine suicide trends, including high-risk populations.
- Evaluating knowledge of current resources, barriers to services, and stigma reduction.
- Evaluating public awareness campaign and training activities to ensure efficacy and sustainability.



Means Safety:

- Created a harm reduction infographic for public distribution relating to alcohol use and suicide prevention during COVID-19.
- Established partnerships with Eastern Health addictions counsellors and pharmacy team at the Burin Peninsula Health Care Centre to create a harm reduction/suicide prevention approach.



Public Awareness Campaigns:

- Presentations created to address needs: Suicide Awareness for community members (now available on www.bridgethegapp.ca); Suicide Awareness for first responders; Sensitivity Matters for health-care professionals; and Support for funeral home workers.



Training and Networks:

- 241 individuals trained in Applied Suicide Intervention Skills Training (ASIST).
- Over 148 community members attended Suicide Awareness for community members.
- 104 first responders attended Suicide Awareness for first responders presentation.

Source: <https://www.mentalhealthcommission.ca/English/roots-hope>

If you or someone you know is in distress, please contact the Mental Health Crisis Line at 1-888-737-4668.