

# Roots of Hope Early Adopters Backgrounder

## Connexions Resource Centre



### Why Connexions Resource Centre is participating

Suicide prevention is a priority for Connexions Resource Centre. As an organization serving the English-speaking minority in Quebec, we know that access to suicide prevention information and services can be especially challenging for these residents. Connexions has chosen to undertake this project in the Pontiac Regional County Municipality, where 58 per cent of the population is English speaking. However, because suicide touches everyone in this rural community, the initiative will allow us to engage with partner organizations toward the common goal of supporting all residents.

### What Connexions Resource Centre wants out of the program

We hope to establish a strong suicide prevention coalition with diverse partners, so we can draw on local experience, knowledge, and expertise. A community-based approach will help us bring together wide-ranging resources and perspectives. In turn, these will generate innovative ideas and actions to decrease the stigma around suicide and support individuals in opening up about their mental health and their struggles. We are also very excited about the chance to benefit from the experiences of other Early Adopters across Canada, so we can implement their best practices and lessons learned early on in our project.

### Why other communities should consider becoming an Early Adopter

Roots of Hope provides the tools and support the Pontiac community needs to address suicide prevention. A community-based approach allows us to recognize what already exists and bring stakeholders together around a common goal. The five pillars provide the framework to help develop strategies and actions that respond to our specific needs and realities.

### Why it's important to address suicide prevention at the community level

It's important to address suicide prevention at the community level because, due to isolation and the stigma around mental health, those who are most vulnerable and in need of support are often challenging to reach. When we increase community awareness about suicide prevention and provide information on available services, we can start breaking down the barriers that keep people from getting help when they need it most. Because Connexions can foster a supportive environment for vulnerable individuals, raise awareness about suicide and its prevention, and offer support to those bereaved by suicide, we are well placed to serve the residents in this rural community.

### Why it's important for Connexions Resource Centre to combat stigma around suicide and mental health

Preventing suicide is not only important for individuals and their families, it benefits the overall health and well-being of the community, the health and social services system, and society at large. Suicides are preventable. By combating stigma around suicide and mental health, Connexions can empower the Pontiac community to identify and facilitate interventions, raise awareness about suicide and prevention, and help build the capacity of health and social services providers and other involved community members.

## Contact information

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